



The right Connection



November 2023

THE right DOOR

for hope, recovery and wellness

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

Ionia Office
375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

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

Belding Office
7441 Storey Road
Belding, MI 48809
616.527.1790

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

Portland Office
208 West Bridge Street
Portland, MI 48875
517.647.2128

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

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

Website:
www.rightdoor.org



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:



THANKFUL?

Hold on to your hats people. November is a commercial sports car speeding from Halloween candy, costumes and decor to the Christmas displays, sales and music.

Along the way Thanksgiving seems to have been sidelined as the somewhat forgotten holiday—the poor cousin as it were. For Thanksgiving seems to be more important as a signal that Christmas is one month away, Black Friday and Cyber Monday sales become flogged in the media and stores, along with, decorating for the upcoming holidays.

While I completely understand the mentality of stores and the media pushing to score big sales in the last quarter of their fiscal year, it seems like candy, holiday gifts and deals are more important than the ideals of Thanksgiving and Veterans Day. It is disconcerting that less attention gets paid to Thanksgiving and to Veterans Day each passing year.

In Canada, where I grew up, people wore poppies or flag pins on their coat lapels as a symbol to honor and remember veterans and active military service personnel. Poppies would come out long before Halloween, before the annual parades and ceremony at the Cenotaphs paying tribute to our heroes. They would stay out till Thanksgiving—sometimes even longer.

I think we need to shift our sights back to less commercialism and instead be more thankful for family, friendship, love, health and well being associated with Thanksgiving. And also for the freedoms we have courtesy of our military, past and present.

Should you see a vet or military serviceperson, take time to shake their hand, say thanks or ask where and when they served no matter what time of the year it is.



- 1 **Stress Awareness Day**
- 2 **PEER LED**, Drab to Fab, 9am-3pm, *Ionia TRD*
- 4 **Daylight Savings. Clocks fall back an hour**
- 6, 13, 20, 27 **PEER LED**, LGBTQIA Group, Katie, 3-4pm, *Ionia TRD*
- 7 **Election Day**
- 7, 14, 21 **PEER LED**, Volunteer Group, Katie, 3:30pm, *Ionia Theater*
- 8 **PEER LED**, Lunch and Discover Downtown, 12-3pm, *meet at Bluewater Café, Ionia*
- 11 **PEER LED**, Living with Diabetes, Lexie, 10am, *Ionia TRD*
- 11 **Veterans Day. Lest we forget!**
- 14, 28 **PEER LED**, Balance Group, Shelly, 2-3pm, *Ionia TRD*
- 14, 29 **PEER LED**, Food Pantry, Shelly, Call ahead. Mobile Pantry, 14th at 3:30pm; Zion Pantry, Meet at *Ionia TRD*, 2pm
- 8, 22 **PEER LED**, Self Love, Shelly, 10:30-11:30am, *Ionia TRD*
- 9, **PEER LED**, Portland Women's Group, Shelly, 1-2pm, *Portland TRD*
- 9, 30 **PEER LED**, Crochet, Shelly, 10-11am, *Ionia TRD*
- 16, 30 **PEER LED**, Adulting 101, Lexie, 11am-noon on 16th; 12:30-1:30pm on the 30th, *Ionia TRD*
- 13 **World Kindness Day**
- 20 **Committee of the Whole**, 4-7pm, *Ionia TRD*
- 21 **PEER LED**, Bingo, Shelly, 1:30-2:30pm, *Bigby*
- 22 **Humane Society Anniversary Day**
- 23-26 **TRD Closed for Thanksgiving Weekend. Gobble, Gobble**
- 25 **International Day for Elimination of Violence Against Women**
- 27 **TRD Board Meeting**, 4-6pm, *Ionia TRD*
- 28 **PEER LED**, Women's Health Guidelines, Shelly, 3:30-4:30pm, *TRD Ionia*
- 28 **Giving Tuesday**
- 30 **PEER LED**, Craft Group, Shelly, 11:30am-12:30pm, *Ionia TRD*



WEEKLY OBSERVANCES:

- **November 13-18** Transgender Awareness Week
- **November 18-24** Antibiotic Safety Week

MONTH LONG AWARENESSES/OBSERVANCES:

- Antibiotic Safety Awareness
- Cancer Awareness Month—Lung, Pancreatic
- Children's Grief Awareness Month
- COPID Chronic Obstructive Pulmonary Disease Awareness
- Epilepsy Awareness Month
- National American Heritage Month
- National Diabetes Awareness Month
- National Family Caregivers Month



For All You Have Done, There is Help if You Need It



American Red Cross of Greater Grand Rapids—
616.456.8661

Buddy to Buddy—800.642.4838

County Veterans Counselor—Rebecca Lewis
Assists veterans and their families in obtaining benefits to which they are entitled. www.m1cyc.net.

Homeless Veterans Housing—616.356.1746
HUD Veterans Administrative Supportive Housing (VASH)
To be eligible you are required to participate in VA Case Management. Homeless veterans and their families are eligible.

Hunting and Fishing Licenses
Fishing and hunting licenses fees (that do not require a lottery), are waived for disabled veterans.

Legal Aid of West Michigan—616.774.0672
89 Ionia Avenue North West, #400, Grand Rapids, 49503

Michigan Veterans Affairs Agency—1.800.MICH VET or
[Michigan Veterans.com](http://MichiganVeterans.com)

One-stop access for Veterans and their families seeking information about federal benefits, state programs and local resources.

Michigan National guard and Michigan Based Active Military—517.481.6362
Resources and information focused on your unique needs.

Michigan Veterans Trust Fund—
517.335.1629 Ionia Agent: Roy Conrad

Right Door, Certified Veteran Service Officer on site, Ionia 616.527-1790

Ron Morseau—616.527.5396
Probation Officer/ISP Agent (Specialty Court Coordinator at court to help on the first and third Thursdays each month).

United States Department of Veteran's Affairs (VA)—844.698.2311

Veteran's Crisis Line—800.273.8255

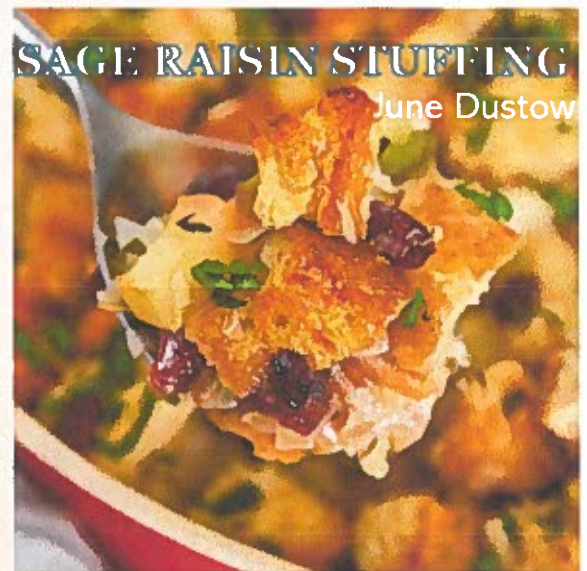
Vet2Vet Support Meetings—
616.527.1790
Wednesdays, 6-7pm, St. John's Episcopal Church, 307 Washington Street, Ionia *Made at Peer Led Crafts*



This is an unusual stuffing my mother made and one my family always enjoys. It goes great with chicken, turkey, spareribs, or over vegetables.

Sue Ferris

Right Connection Newsletter Editor



To send in Christmas recipes including favorites, desserts, appetizers or sheet pan wonders, please email sferris@rightdoor.org

INGREDIENTS:

- 8 cups bread cut into cubes
- 6 tablespoons butter, divided, plus more for baking dish
- 2 apples, cored and chopped (optional)
- 2 celery stalks, thinly sliced
- 2 medium onions, chopped
- Salt and ground black pepper to taste (about 1/2 teaspoon)
- 1/2 tablespoon freshly chopped or ground sage
- 1/2 tablespoon freshly chopped or ground thyme
- 2 tablespoons freshly chopped parsley
- 1 cup raisins (plumped in water and drained)
- 2 1/2 cups chicken or turkey broth

DIRECTIONS:

1. Preheat oven to 350°. Butter a large baking dish.
2. In a large skillet over medium heat, melt 3 tablespoons butter. Add apple, celery, and onion, and cook until soft and fragrant, 8 minutes. Stir in sage, and thyme, and cook 1 minute more. Season with salt and pepper. Stir in remaining 3 tablespoons butter and parsley.
3. Place bread and raisins in a large bowl and add onion mixture and broth.
4. Transfer mixture to baking dish and cover with foil. Bake until cooked through, 45 minutes, then remove foil and cook until bread is golden, 15 minutes more.



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DF
DRAB TO FAB

Peer
mentoring



More than 50 people shopped the Drab To Fab Event in its first hour November 2nd in Ionia's TRD. By the end, at 3 o'clock, 110 or more people had went through picking outfits, hygiene items, Keds shoes (donated by United Way), and snacks while 45 had their hair cut - all for free. Many got a retail therapy fuzzy. Still others had a bit of a makeover. Most importantly, many felt comfortable within the agency walls that they lingered, were chatting, enjoying good conversations, and being social. Several even said Drab to Fab days are some of the best days of the year for them!



At the State Capital for the Walk A Mile in my Shoes Rally September 13. In all 12 people went with Peers Rob Weiland, Lexie Doty, Shelly Hanses and Katie Vreeland. The rally was a way to enhance public awareness and end stigma around mental health and developmental disabilities because Michigan does not have equality between mental and physical health care.



Mother/Daughter Trunk or Treaters passing out candy and sharing TRD information at Ionia's Chili Dawg Challenge, October 28. The dynamic duo are Alyssa Smith and Shelly Hanses.



From The Nurses Corner

For those who struggle to swallow pills TRD already recommends the Oralflo pill swallowing cup ([Oralflo™ – The Pill Swallowing Cup – Easily Swallow Any Size Pill](#)). There are similar products online, including a straw-like pill swallowing tube, as well.

For pills (usually tablets, but sometimes capsules) that either have a bad taste or, "get stuck," I found MEDCOAT. This is a DIY pill coating system with three flavor options. The coloring is natural so no red dye 40 is in it. Anyone can get a sample pack sent to them through the website.

[Medcoat Tablet coating Flavors, Pills Swallow - Medcoat USA](#)

REQUEST A SAMPLE: [Request a Sample - Medcoat \(medcoatusa.com\)](#)

For further questions please ask our nursing or medical staff.

Dr. Joel Sanchez, Medical Director, TRD



- November 7,** 2 pm Walk up Distribution, **Central UMC, Lake Odessa**
- December 1,** 5:30 pm Drive Through, **Twin Rivers Elementary, Muir**
- November 14,** 4:30 pm Drive Through, **Ionia Fairgrounds, Ionia**
- November 17,** 4:30 pm Drive Through, **Belding Area Schools, Belding**
- November 28,** 5 pm Drive Through, **American Legion, Hubbardston**
- November 21,** 5:30pm Drive Through, **Shiloh Community Church, Orleans**

For more information and food resources near you visit [FeedWM.org](#)



NOVEMBER IS **DIABETES** AWARENESS MONTH

- Keep your Diabetes in check by having a dental examination and cleaning each year.
- See your doctor regularly to measure your A1C (blood glucose) and other tests for cholesterol and blood pressure to ensure your heart, kidney and liver functions are good.
- During your doctor exam, have your feet checked once a year to ensure there is good blood flow, or circulation, no neuropathy (pain or loss of feeling) and no cuts that are not healing.
- See your ophthalmologist for an annual eye exam to rule out macular degeneration.
- Eat a balanced diet, drink plenty of water, exercise regularly and get plenty of sleep.
- Overweight? By losing just 10 to 15 pounds can make a difference to your overall numbers.
- Know your numbers...

RESOURCES:

- American Diabetes Association (ADA)
askADA@diabetes.org
1-800-DIABETES (800) 342-2383 or (800) 232-3472
More ADA Sites.
[DiabetesFoodHub.org](#)
[ShopDiabetes.org](#)
- Centers for Disease Control and Prevention
(800) 232-4636
- Ionia County Health Department
(616) 527-5341
- Michigan Department of Health and Human Services (616) 527-5200
- National Institutes of Health (gov.)
(800) 860-8747
<http://www.niddk.nih.gov> - Diabetes
- The Right Door - (616)527-1790
- Your Primary Care Physician

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
Thursdays 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

Mondays



Veterans and Active Military eat
half price, Applebees, Ionia.

November 3-12 Portland Civic Players Present *Guys and Dolls*,
7:30-10pm, Portland Community Theater. Contact Mary
Teachout (517) 526-3257/ Tickets \$16.50 for adults,
\$10.50 students through high school.

<https://portland-civic-players.ticketleap.com/guys-and-dolls/>

November 10 Veterans Lunch, honoring veterans, noon, Ionia High
School, Room 304. Veterans eat free. Veterans
Ceremony, 7pm, Ionia High School gym. Call
(616) 527-9280 to have a veteran honored in the
ceremony.

November 11 Gifts Galore 2024, 9am-2pm, Saranac Community
Church. Products from Tastefully Simple, Mary Kay, Pink
Zebra, Thirty One, Old Made New, Wreaths by Mamie, Art
by Jess, B and L Boutique, Kim's Kreations, Silpada, Life
Expressions, Promo Print, more.



November 11- Third Annual Fall into the Holidays
Craft Show, 9am-3pm, Banner Event Venue, Peterson
Road, Ionia. Free admission, food truck,
door prizes as well as home décor,
tumblers, baked goods, Cotton Candy,
freeze dried candy, jewelry, more.

November 18 Holiday Market, Red Mill Pavilion
9am-3pm, Portland.
Cider and hot chocolate, hot dogs,
Thanksgiving crafts, flowers, harvested
produce and meat, decor.



November 16 and 30 Oh Christmas Tree, ceramic tree
paint party, 6-9pm, The Port, Portland. Tickets at
theportmi.com. Cost \$60 for 13 inch tree and all
supplies. Space is limited.

November 24 and 25 Christmas Round the Town, 9am-5pm and
9am-2pm respectively. Shopping event with discounts,
music, food, freebies, Lake Odessa.

November 27 Festive Forest, Paint and Sip, 6-8:30pm, Wagon Wheel
American Grill, Portland. Tickets \$38 at Wine and
Canvas (616) 970-1082.

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

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 (DUF)
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 Fresh



At this time of year we appreciate and thank our



EightCap

(866) 754-9315 or (616) 754-9315

EightCAP improves communities by collaborating with private, government, and community organizations to deliver programs that alleviate the cause of poverty and its effects allowing individuals to become self-sufficient.

- Providing Early Childhood Programs like Great Start Readiness Program (GSRP), Head Start, foster grandparents as well as community services/emergency assistance to Gratiot, Isabella, Montcalm and Ionia Counties. Assistance focuses on homeless and housing programs, heat and utility assistance, computer access station, TEFAP and CSFP Commodity Programs and senior companions.
- Commodity Food Boxes is a food program for those 60 plus based on income and delivered every other month on the fourth Tuesday to Ionia Moose Lodge, 10:30-11:30am.

Great Start-Ionia (616) 754-9315 option 2

State funded preschool program for children four years of age by September first of the program year. Children must meet income and eligibility criteria.

Ionia County Health Department

(616)527-5341 Immunizations, communicable disease control testing, reporting,

Ionia Commission on Aging

(616) 527-5365 Ionia County Commission on Aging strengthens the well-being of all Ionia County Senior Citizens and is the cornerstone of support services for their continued independence.

Ionia County Public Safety (616) 527-4431 Animal control and shelter, central dispatch 911, emergency management, Ionia County Correctional Center, sheriff's office.

Ionia County Sheriff's Office (616) 527-5737

Jail/inmate information, prescription drugs and sharps disposal, car/deer accident form, bike safety, burglary prevention, Michigan crime victim notification.

Michigan Association of Community Mental

Health Boards was created in in 1967 to support county mental health services programs in promoting, maintaining and improving mental health services. www.michigan.gov

Michigan Association of Suicide Prevention

(MASP) (800) 273-TALK (8255) 24 hour help line, online health screening, warning signs, education, resources.

Michigan Department of Health and Human

Services (MDHHS) (616) 527-5200 Sexual assault hotline, child welfare medical and behavioral health resources, MI Bridges which is healthcare, food and cash assistance, Women, Infant and Children (WIC), Child Development and Care (CDC), State Emergency Relief (SER)

Michigan Department of Military and Veterans

Affairs @MICHIGANDMVA Employment, education, behavioral health, suicide prevention, sexual harassment, crisis line, Medicaid renewals, relief, home loans.

Michigan State University Extension

(616) 527-5357

Food and nutrition planning, 4-h youth programming, budgeting skills and housing foreclosure prevention and agriculture.

Mid State Health Network (MSHN)

(844) 405-3095 Agency for eight county region for behavioral health and substance abuse services. Prepaid inpatient health plan.

National Alliance on Mental Illness (NAMI)

(800) 950-9264, Text 988 Mental health skills training, education, support groups, publications, pod casts, webinars, more.

Smart 911 Confidential information profile travels with you regarding health, location, people in household.

Social Secretary Administration

(877) 405-7667 Check for benefit eligibility, get benefit estimate, plan for retirement.

US Department of Veterans Affairs

(844)698-2311 Serves as the central coordinating point for Michigan veterans to state services and benefits.

My Community Dental Centers

Ionia (616) 523-9169 Saint Johns (855) 878-5026 Sydney (989) 328-2200

Cherry Health Montcalm Area Health Center,

Greenville (616) 225-9650 Primary care, behavioral health, dental, vision, women's health, pediatrics, pharmacy (Pick up only).

Advanced Eyecare Professionals of:

Ionia (616) 522-1000 Hastings (269) 945-3866 Lowell (616) 897-7000

from TRD website

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

- 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
- **Ionia Community Library**, Main Street, Ionia (616) 527-3680 www.ioniacommunitylibrary.org
- **Lyons District Library**, Bridge Street, Lyons (989) 855-3414 www.lyonsmichlibrary.org
- **Lake Odessa Community Library**, Fourth Avenue, Lake Odessa (616) 374-4591 www.lakeodessalibrary.org
- **Portland District Library**, Kent Street, Portland (517) 647-6981 www.pdl.michlibrary.org
- **Saranac Clarksville District Library**, (616) 642-9146 www.saraclark.michlibrary.org

Ionia Literacy Council (616) 389-8529
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.
- **Free Virtual Parenting Sessions**, November 2, 9, and 16, 4-5:15pm via HIPAA Compliant Zoom. Sessions focus on discipline, building social skills, developing confidence and persistence; managing behavior at home and school and common behavior problems like tantrums and defiance. To register visit MSU Psychiatry (517) 353-4362 or msucapgroups@gmail.com

Walking Rails to Trails

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
- 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



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

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

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



Adulting 101

Peer Led, November 16, 30, 10am-noon, Ionia.

Anger Management

Mondays, 5pm, Zoom.

Balance Group

Peer Led, November 14, 28, 2-3pm, Ionia TRD.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia.

Crafts

Peer Led, November 30, 10-11am, Ionia.

Crochet

Peer Led, November 9, 30, 11:30am-12:30pm, Ionia TRD.

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia.

Family Psychoeducation

Saturdays, 10am, Ionia.

Food Pantry Rides

Peer Led, November 14, Mobile Pantry, 3:45pm, November 29, Zion, meet at Ionia TRD, 2pm; . Contact Shelly for a ride.

LGBTQIA

Peer Led, November 6, 13, 20, 27, 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-starting January.

Living with Diabetes

Peer Led, November 11, 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, November 8, 22, 10:30-11:30am, Ionia.

Seeking Safety

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

Social Hour

Peer Led, November 8, Lunch and Discover Downtown, 12-3pm, Bluewater Café. November 21, Bingo with Prizes, 1:30-2:30pm, Bigby.

Volunteer Group

Peer Led, November 7, 14, 21, 3:30pm, Ionia Theater.

Women's Group

Peer Led, November 9, 26, 1-2pm, Portland TRD.

Women's Health Guidelines

November 28, 3:30-4:30pm Ionia TRD.

YES, Truly Our Friends (YTOF)

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



RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia (616) 522-9773

Drop in a new or used book or toy to

MARINE CORPS RESERVE



THE *right* DOOR
for hope, recovery and wellness

October 1st through December 15

Up and coming:

November 23: We will be open from 10am to 4pm on Thanksgiving Day with a meal at 1pm. Please come in and join us!



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. Thanks!



NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo	1 11 This is Me Drab to Fab at The Right Door 9-3	2 11 Roundtable Talk 2 Music	3 4
5	11:30 Goal Getters Board Meeting	6 11 Bee Creative Get Out and Vote	7 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo	8 11 This is Me 12:30-4 Meadow Bowl Social Club Wagon Wheel	9 11 Roundtable Talk 2 Music	10 11
12	11:30 Goal Getters 2:30 Sit to be Fit	13 11 Bee Creative 1 Depression Group	14 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo	15 11 This is Me 2 Games	16 11 Roundtable Talk 2 Music	17 18
19	11:30 Goal Getters 2:30 Sit to be Fit	20 11 Bee Creative 1 Depression Group	21 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo	22 Thanksgiving Day Meal at 1	23 11 Roundtable Talk 2 Music	24 25
26	11:30 Goal Getters 2:30 Sit to be Fit	27 11 Bee Creative 1 Depression Group	28 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo	29 11 This is Me 12:30-4 Meadow Bowl Social Club Wagon Wheel	30	

Holidays and Observances: Election Day 7, Veteran's Day 11, Thanksgiving Day 23, Black Friday 24