



The right Connection

August 2022



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 W. Bridge Street
Portland, MI 48875
517.647.2128

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

EMAIL:
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 SERVICES 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. Thank you.



I have always heard that if you take care of your skin, it will take care of you. Since our skin is our body's largest organ, both men and women need to embrace skin care tips from industry experts every year when warmer weather is here to protect that skin and keep our self care ageless.

SKIN DEEP

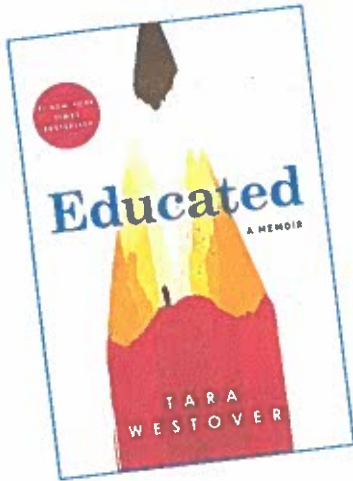


1. Start and end your day cleansing your face as recommended by the American Academy of Dermatology. Wash away excess oil, sweat and dirt with a deep face cleanser that contains glycerin or is clay based and does not strip your skin of moisture. Your eye area will need moisturizer too.
2. Follow up with a toner that is alcohol free and gentle on your skin to make it feel smooth and refreshed.
3. Finish with a lightweight tinted moisturizer that is alcohol and oil free and contains at least SPF 15 to keep skin protected and moisturized.
4. If you are wearing makeup use less to prevent greasy skin or clogged pores when you sweat.
5. Stay out of the sun, if possible, during the hottest times of the day from 11am to 3pm and keep hydrated.
6. When you are outside, use a broad spectrum, mineral based sun screen with at least 30 to 50 SPF to protect against harmful UVA, UVB rays and pollution. If you are swimming, near water or sweating, reapply ever two hours. (*The Skin Cancer Foundation says daily use of SPF 15 moisturizers and sunscreen can reduce a person's risk of developing melanoma by 30 percent and squamous cell carcinoma by 40 percent which protects against premature aging.*)
7. Do not forget your lips. Use a SPF lip balm.
8. Your scalp is vulnerable too. Use a clarifying shampoo, wear a hat or pull your hair straight back in a ponytail to keep your scalp sun safe.
9. Accessorize appropriately with UV blocking sunglasses to shield delicate skin around eyes. Add a broad brimmed hat and wear lightweight, dark colored, UV absorbent clothing of woven fabric.

Adapted from the Health Institute and American Academy of Dermatology

Member of:





BOOK REVIEW

Brenda Hiemstra
Care Coordinator, *The Right Door*

I recently read the book "Educated: A Memoir" by Tara Westover. In it, she details her life growing up in an extremist, isolated, Mormon family in the mountains of Idaho. She received no formal education until she was 17 when she studied independently and passed the

exam for her GED.

It is a multi-layered story of family, faith, mental illness, abuse and survival. Through her narrative, Westover explores the complexity of forgiveness without reconciliation.

I found myself saddened and yet inspired by her story all at the same time.

"It's one of the best books I've read in awhile. I highly recommend it."

THAT GOOD SALAD

Sue Ferris, Newsletter Editor



2 bunches of romaine
8 slices of bacon cooked and crumbled
Little cherry tomatoes
4 ounces of Swiss cheese chopped or shredded
4 ounces of parmesan cheese chopped or crumbled
Caesar croutons

Assemble the salad ingredients. In a jar with a lid add:

3/4 cup canola oil
1/4 cup lemon juice
2 cloves minced garlic
1/4 teaspoon salt
1/4 teaspoon pepper
Shake till well blended

Pour over the salad ingredients. Toss and serve.



August

- August 1-7** National Cleanse Your Skin Week
- August 4** Coast Guards birthday
- August 5** TRD Grant Event, Snap Fitness, 12-1, Ionia
- August 7** National Friendship Day
International Forgiveness Day
- August 14** Annual Medical Check Up Day
- August 19** TRD Grant Event, Lunch, Sheri's Restaurant, noon
- August 25-September 3** Be kind to Human kind
- August 26** TRD Grant Event, WHAM and Food Basket, noon, Ionia TRD
- August 31** International Overdose Awareness Day

Month Long Awareness & Observances:

- Children's Eye Health & Safety Month
 - Medic Alert Month
 - National Eye Exam Month
- National Fetal Alcohol Spectrum Disorders
 - National Immunization Awareness
 - National Wellness Month
 - Summer Sun Safety Month



B A S H

August 4
At the Ionia Office
12:30-6:30pm
School Supplies, clothes, snacks and free haircuts

August 5
Belding/Save-A-Lot Parking Lot
Portland Office, Both **1-4pm**
School Supplies

Jelly Jar Strawberry Shortcake

- 18 to 24 canning jelly jars
- 2 pounds strawberries cleaned
- 16 ounce strawberry glaze
(found in produce section of store)
- 32 ounce heavy whipping cream
(2 pints)
- Powdered sugar
- Vanilla extract
- Powdered milk
- 14 ounce angel food cake



Place medium size glass bowl and mixer paddles in the freezer.

Dice one pound of the strawberries. Add to the strawberry glaze. Mash together with a potato masher and refrigerate. Thinly slice the other pound of strawberries.

Remove bowl and paddles from freezer. Add the whipping cream to the bowl with two Tablespoons of the sifted powdered sugar, two Tablespoons powdered milk and two teaspoons of the vanilla extract. Mix on medium speed for about five minutes till firm and fluffy peaks form. Refrigerate.

Dice the angel food cake into half inch squares. Remove all the other ingredients from the refrigerator. Begin layering in jars starting with two teaspoons of the gel mixture, three to four squares of cake, two teaspoons whipped topping, topped with four to five slices of strawberries and finished with angel food squares.

Repeat until the jar is full. Place a lid on the jars and refrigerate. Eat within two to three days.

Melissa Schott, Certified Professional in Patient Safety, The Right Door



So you got **Sunburned**.
Now what?

In these dog days of summer, if you do happen to get sun burned, address the damage as soon as possible.

-Drink more water to keep hydrated.

-Take cool showers.

-Use a moisturizing, cooling, hydrating mask to reduce visible signs of distress on your face. Yet never exfoliate sun damaged skin.

-Use aloe vera to soothe skin and/or oatmeal based after sun lotion which soaks in easily and makes your skin feel smooth and soft. Repeat often.

-Wear loose, clothing that covers the sunburned areas when you do go out as well as glasses and a hat if your scalp, ears and eye areas have been damaged. And avoid the mid day heat if at all possible!

What's Happening

FIRST THURSDAY ON THE BRICKS, August 4, Downtown Ionia, 5-8pm. Shopping, food, sidewalk sales, music, more.

SEW FUN, August 5, 11am-2pm. Three projects, Lake Odessa Library.



ART IN THE PARK, August 6, 9am-4pm, Smiley's Park, Lake Odessa. 60 arts and crafts booths, food, wine tasting, entertainment, kid zone.

GRAND OPENING, El Mariachi Mexican Grill, Main Street, Ionia.

MACRAME WALL PLANT HANGER CLASS, The Port, 6-8pm, Portland. Class \$40 by Harmonize Hangers. Contact The Port via Facebook as space is limited.

OX ROAST FESTIVAL, 9am-9pm, August 13, Clarksville. Food, fun, music, antique tractor and engine demos, pedal pulls, crafts, more.

BARN SALE TRAIL, 9am-4pm, August 19-20. Six different locations including Lake Odessa and Clarksville. Featuring rustic, primitive and farmhouse home décor.

BRIDGEFEST, 9am-9pm, Saranac. Pancake breakfast, parade, SAMS musicians perform, food, games, kids activities, more.



COMMUNITY DAY, 9am-4pm, Red Pavilion, Portland. Emergency vehicle and tractor displays, chainsaw carver, cornhole tournament, foam pit, obstacle course. Contact: Noreen Logel (517) 743-1830.

IONIA EXPO BLOCK PARTY, September 17, 12-4pm, downtown Ionia Dexter to Kidd Streets. Vendors, live entertainment for the whole family, cornhole tournament, food trucks, restaurant specials, kid zone, face painting, bingo, more.

Michigan Help Lines

- **Abuse and Neglect Reporting** 1-855-444-3911
- **Adult Foster Care Ombudsman** 1-800-292-7852
- **AIDS Program** 1-877-342-2437
- **Bridge Card EBT** 1-888-678-8914
Customer Service
- **Cash Assistance** 1-855-ASK-MICH
- **Community Resources and Referrals (Housing)**
United Way
2-1-1 is Health and Human Service Equivalent to 9-1-1
to give or get help 2-1-1
- **Disability Ombudsman** 1-800-288-5923
Michigan Protection and Advocacy Services
- **Domestic Violence Helpline** 1-800-799-7233
- **Early on-Thru Department of Education**
Intervention Services for Infants and Toddlers with
Disabilities and their Families 1-800-327-5966
- **Elder Care Service** 1-800-677-1116
Help with Transportation, Meals for the Elderly
- **Energy Assistance** 1-855-275-6424
- **Food Assistance** 1-855-ASK-MICH
- **Home Heating Tax Credit Status** 517-636-4486
- **Medicaid Customer Help** 1-800-642-3195
MSA/MDHHS
- **Medicare** 1-800-MEDICARE
Includes Part D for Pharmacy
- **Mental Health-24 Hour Crisis Line** 1-888-527-1790
- **MiChild Medical-MDHHS** 1-888-988-6300
- **MI Enrolls-Medicaid Managed Care** 1-888-367-6557
- **MI RX-Drug Discount Program** 1-888-367-6557
For Low Income
- **Poison Control Centers** 1-800-222-2222
- **Relay Center for Deaf and Hard of Hearing** 7-1-1
- **Sexual Assault Helpline** 1-800-656-4673
- **Social Security Administration** 1-800-772-1213
- **State SSI Supplement** 1-855-275-6424
- **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

FUNDING FOR REC ENHANCEMENTS

State Rep. Julie Calley announced that projects in Ionia, Saranac and Portland gained legislative approval the first week of July. Their measure currently awaits consideration from Governor Whitmer and would create more opportunities for families to get out and enjoy area trails, parks and wildlife if approved. They include a \$300,000 renovation to the 3.2 miles of the Fred Thwaites Grand River Trail from the Ionia Fairgrounds to Quarry Road. In Saranac, \$300,000 would enhance the 15.6 acre Scheid Park while \$350,000 would purchase 66 acres to expand Portland's State Game Area.



- 01 REDUCES RISK OF HEART DISEASE
- 02 HELPS TO MAINTAIN WEIGHT
- 03 REDUCES YOUR STRESS LEVELS
- 04 INCREASES YOUR ENERGY LEVELS
- 05 HELPS TO BOOST YOUR MOOD
- 06 GETS THE BLOOD PUMPING
- 07 PREVENTS OBESITY
- 08 CAN HELP TO REDUCE ANXIETY
- 09 INCREASES FUNCTIONING OF THE LUNGS
- 10 INCREASES THE BODY'S ACCESS TO VITAMIN D
- 11 REDUCES THE RISK OF CANCER
- 12 CAN IMPROVE QUALITY OF SLEEP
- 13 GIVES YOU TIME TO PRACTICE SELF CARE
- 14 IMPROVES COORDINATION AND BALANCE
- 15 IMPROVES QUALITY OF LIFE
- 16 REDUCES CHANCE OF DIABETES
- 17 WALKING CAN SPARK CREATIVITY
- 18 STRENGTHENS BONES AND MUSCLES
- 19 CAN IMPROVE BLOOD PRESSURE
- 20 CAN HELP TO BOOST YOUR IMMUNE SYSTEM

COMMUNITY RESOURCES



CITY of BELDING

AA Meeting, Monday/Wednesdays 7pm, Saturday 11am, Museum Basement

Alvah N. Belding Library, Main Street, (616) 794-1450

www.alvahnbeldinglibrary.org

Belding Community Activity Learning Services, Thrift Store in Belding United Methodist Church basement, Wednesday to Friday and first Saturday each month, 10am-6pm. Helping special needs adults gain work and social skills plus a job

St. Joseph's Church, Parents of Addicted Loved Ones (PALS), Second and Fourth Mondays, 6:30-8pm (517) 204-8785



CITY OF IONIA

Community Drawers, personal care items, third Wednesday each month, 1:30-4pm, Ionia First United Methodist Church

Families Against Narcotics Ionia/Montcalm, (616) 214-6128 www.familiesagainstnarcotics.org

IM Kids Third Meal, Fenwick, providing take home meal from school for food insecure children in Ionia and Montcalm Counties (616) 225-7264

IM SAFE CAC, (Ionia Montcalm Secure and Friendly Environment Child Advocacy Center), serving children age 2 to 17 who have been sexually abused and severely physically abused, human trafficked or exploited over the internet (616)225-7267

Ionia Community Library, Main Street, (616) 527-3680 www.ioniacommunitylibrary.org

Ionia County Commission on Aging, Hudson Street, meals on wheels and to go, senior activity classes, county commissioners and airport meetings (616) 527-5365

Ionia County Health Department, Adams Street, (616) 527-5341

Ionia Substance Use Disorder Clinic (Samaritas), (833) 720-WELL www.samaritas.org/sud. At The Right Door, Fridays (616) 527-1790.

Ionia Theater, 205 W. Main. Movies daily; matinees Tuesday and Saturday. Two theaters(616) 527-3860

Michigan Department of Human Health Services (MDHHS), comprehensive package of health care benefits and assistance program including emergency relief for home, utilities and burial as well as vision, dental and mental health services (616) 527-5200 on Hwy. 21; (616) 527-1790 at The Right Door

Michigan State Extension, Ionia. 4-h virtual programs for youth 5-19; adults, seniors, money and wellness programs. <https://www.canr.msu.edu/ionia> (616)527-5357

Rails to Trails, trails and maps, Ionia County, www.trailink.com. [FindTrails.Michigan](http://www.FindTrails.Michigan)

Restore Church, AA Recovery Meetings, Mondays at 7pm

River's Edge Drop In Center, 302 East Main. Community based program with recovery focused services, groups and activities for adults with mental illness diagnosis. Wednesdays 10am-4pm (616) 522-9773

Routine Immunization Clinic, Monday and Wednesdays. Tuesday Covid vaccines and Thursday Walk in Clinic for immunizations and Covid vaccines, by appointment only at the **Ionia County Health Department**, Adams Street (616) 527-5341 select 3

Monday, Wednesday, Thursday, Positive Solutions, Informed Choices, 330 Lovell Street. Free pregnancy tests, educational classes on pregnancy, newborn care and parenting. Free boutique with maternity/preemie to 4T. Online www.PSIClonia.org (616) 755-6077

Tuesday, Wednesday, Saturday, **The Christian Service Center**, Depot and Washington. Tuesday 9am-noon and 1-4pm; Wednesdays and Saturdays 9am-noon. (616) 527-1530

Tuesday-Food Pantry/Clothing Closet, 9:30-1pm, **Ionia Seventh Day Adventist Community Service Center** the 3rd Tuesday each month. ID needed (616) 527-6465

Mobile Food Pantry, 2nd Tuesday each month, 4pm, church parking lot (616) 527-1910

RAVE Emergency Shelter, for women and children, (616) 527-3351

Soaring Above, for teens, 318 S. Jefferson Street (616) 523-4570

St. John's Lutheran School, breakfast buffet, second Saturday each month 8-10am

Wednesday-Zion Food Pantry, 2-4:30pm, using drive thru method at 423 W. Washington

Thursday-Al-Anon Meetings, 7pm, Zoom, Sandi (616) 255-3751 or Joy (616) 901-7779

LAKE ODESSA Monday Alanon Meeting, 10-11 am Lakewood United Methodist Church (616) 575-8000



Lake Odessa Community Library, 4rth Avenue, (616) 374-4591. Tuesday-Friday, 12-1pm, FREE Feeding America summer meals for youth 18 and under; Bridge Group Tuesdays 9:15-11:15am, Tai Chi Tuesdays 11:30am, Family Story Time Wednesdays 10:30am, Teen Summer Learning Program (6th-12th grade), Thursday 2pm, Always in Motion, physical fitness with James for adults, Saturdays 10-11am

www.lakeodessalibrary.org

Monday, Bingo, first and third weeks, 6pm, VFW Hall (616) 374-7075

Monday and Thursday-AA Meetings, 7pm, Al Anon Meeting, Tuesday, 6:30pm, St. Edwards Church, Robert (616) 902-9001

LYONS-MUIR Lyons Township District Library, Bridge Street, (989) 855-3414. Story time Wednesday 11:30am, Book club third Thursday of month at 5pm, Writer's group first Thursday 10:00am www.lyonsmichlibrary.org



PORTLAND Portland District Library, Kent Street (517) 647-6981 www.pdl.michlibrary.org



Portland Community Food Bank, 9am-noon, Monday and 4-6pm Thursday, Portland United Methodist Church, Bridge Street. Portland school district welcome

Portland Senior Center, Monday, Bingo 6pm, Tuesday and Thursday, Euchre, 1pm Friday, Bingo, 9:30 am (517) 647-4004

Wednesday – Al Anon Meeting, 10am, Portland First Congregational Church (616) 575-8000

Thursday-Tops, (Take Off Pounds Sensibly), 6:30-8pm, Portland Apartments (517) 647-2025

SARANAC AA Meeting, Friday 8pm, Community Church



Thursday Food Pantry, 1st and 3rd Thursdays, 2-4pm, Saranac Community Church, Saranac-Clarksville. No appointment needed (616) 642-6322

Saranac Clarksville District Library, Bridge Street, Saranac (616) 642-9146 www.saraclark.michlibrary.org

SAMS Practice (Saranac Area Musicians and Singers), 6-7pm Choir, 7-8 Band, High School Band Room. Anyone welcome (616) 902-7237



YOUTH SUPPORT SERVICES AT THE RIGHT DOOR

Payton Zander, Peer Support

Youth Peer Support is a Medicaid-covered service offered from middle schoolers to those 26 years old. These services focus on the youth's interest and strengths to work through situations as well as encourage them to speak up for themselves. The youth peer support specialist will use live experience to relate to the youth helping them to not feel alone in what they are going through as well as bridging communications gaps between the youth, their family and their treatment team.

Another part of being a youth peer support is providing youth with resources in the community. Some resources I have discovered are the Teen Center, volunteering opportunities and the Drop-in Center for older persons served as well as resources accessing food stamps and possible job leads. Youth Peer Services can also help find housing options for low income living.

As of right now, I am the one and only Youth Peer Support in the agency. I am going to be completely honest, I have always struggled with the "about me" portion. I know I am not the only one who struggles with this so, to start off, I have a puppy who is just over a year old. I still live at home with my mom, dad and younger sister. My favorite thing that we do every year is a camping trip with my mom's side of the family. We head about three hours north of my hometown. There is no electricity there, no cell service and only one small store. I love going on this trip because it gives me a change to unplug and focus on my family and myself. I enjoy being out in nature and admire art. I have struggled with mental health since I was 11 years old and chose to use my experience to help others.



ABA

Resource for talking to kids about Autism: <https://youtu.be/Ezv85LMFx2E>

EBT-SNAP Cards are now accepted on Meijer delivery and pickup orders through the Meijer app.

YOUTH SUPPORT GROUP
Soaring Above Teen Center
Every other Tuesday at 6:15pm
Ages 13-20

Free support group to promote healing after trauma, sexual violence, teen dating violence, sex trafficking...

Ionia County Syringe Services Program (SSP) provides Narcan, distributes and collects sharps disposal containers, tests person for HIV, offers vaccinations for Hepatitis A and B, provides sterile syringes and wound supplies, provides SUD referral for treatment
Thursdays 9am-3pm at Ionia County Health Department.

Survivors of Domestic Violence Outreach Group
Mondays at 2pm
Google Meet Up
To support, encourage and share experiences promoting healing, mental stability and coping skills
Facilitator: **Gretchen Edwards**, gretchene@raveim.org

Express Yourself

September 9 Showcase
The Right Door
375 Apple Tree Dr., Ionia 48846

Artwork reflecting your experience with the Juvenile Justice System in Ionia County. Paintings, drawings, stories, poetry, writing, songs, lyrics and photos.



LIVING WITH PAIN

July 28, 4:30-5:30pm, zoom for 6 weeks
Contact: Nurse Jessica 616.527.1790

Referrals for a **GRIEF GROUP**, Wednesdays, 10am.

PARENTING THROUGH CHANGE

Parents/Caregivers kids with SED diagnosis
10 weeks
July 19, Tuesdays 5-6:30pm

SEEKING SAFETY GROUP

Saturdays 10-11:30am via zoom

SLEEP Zzzzz

July 12, 4:30-5:30, zoom for 5 weeks
Contact: Nurse Taylor 616.527.1790

STRESS LESS

Mondays 10-11am Live in Portland
Started July 11, 9 weeks

Referrals to start **ANGER MANAGEMENT**, Mondays 6pm, zoom

Contact Your Primary Clinician

Summer /Fall Training

- **ASIST**
August 10-11
8:30am-4:30pm
Class of 15
- **CPI**
September 21
8:30am-3:30pm
Class of 30
- **CPR AED & First Aid**
August 11, September 16, October 12
8am-noon or 1-5pm
Class of six
- **Person Centered Planning**
August 9, October 11
10-11:30pm
12 max
- **Recipient Rights**
August 2, September 8, October 6
1-4 pm,
Class of 12
- RR Refresher Course, August 17, 5-8pm**
zoom only
<http://www.rightdoor.org/for-providers/training/recipient-rights-training-refresher-course.html>
- **Working With People in Residential Settings**
August 11, October 13
10-12pm,
Class of 12

Training Resource Updates

Trainings for direct care workers have been updated on the TRD website and are available online at:

www.ImprovingMIPractices.org

You can locate the following training links from our website:

[ASIST/Training/The Right Door](#)

1. Infection Control/Disease Prevention/BBP
2. HIPAA Essentials
3. Cultural Competence
4. Emergency Preparedness
5. LEP (Limited English Proficiency)
6. Trauma Informed Care

Please note: Basic Health and Medications and Nutrition and Food are now online at <http://www.rightdoor.org/for-providers/training/>
Take test online. Call to set Vitals Test with nurse.