

The right Connection

May 2024

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



*my*Strength

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:



Take a moment for yourself, to smell the roses, to breathe deep, to do something you enjoy, to see people you want to, or to build courage.

Have the courage to say no, to take time to care for yourself, to ask for help if you need it, or to reach out to others needing support and to do so without guilt or shame.

That is the message of this year's (National Alliance on Mental Illness) NAMI campaign. Of course they encourage us to open dialogue about mental health to cultivate empathy and understanding. They also urge anyone to share and use their free resources and programs designed for individuals, family members, caregivers and mental providers. They even have a nationwide Help Line which is a free peer support service providing information and resource referrals.

But it all starts by you taking the moment for yourself.





MONTH LONG AWARENESSES/OBSERVANCES:

- Food Allergy Awareness
- Global Employee Health and Fitness Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Mental Health Awareness
- National Bike Month
- National Foster Care Month
- National High Blood Pressure Education
- National Osteoporosis Awareness Month
- National Stroke Awareness
- National Women's Health Month
- Older Americans Month
- Physical Fitness and Sports Month
- Preeclampsia Awareness
- Skin Cancer Prevention Awareness

- 5/2 **Drab to Fab with Peers, 9am-3pm, Ionia TRD**
3 PEER LUNCHEON, Scams—What to Look For, 11-12:30pm, Ionia TRD
- 5 Cinco de Maya**
- 6, 13 PEER LED, LGBTQIA Group, Katie, 3-4pm, Ionia TRD**
- 6, 13 PEER LED, Games Group, Lexie, 4pm, Ionia TRD**
- 6, 13 PEER LED, Recovery Garden, Katie and Rose, 10am, Ionia TRD**
- 7, 14 PEER LED, Walking with Shelly, 10:30am, Ionia TRD**
- 7, 14, 28 PEER LED, Writing for Recovery, Katie, 11:00am, Ionia TRD**
- 7 PEER LED, Money Management, Shelly, 12:30pm, Ionia TRD**
- 7, 28 PEER LED, Train Your Brain, 2pm, Shelly, Ionia TRD**
- 7, 14 PEER LED, Volunteer Group, Shelly, 3:30pm, Ionia Theater**
- 8, 15, 29 PEER LED, Chair Yoga, Lexie, 9am, Ionia TRD**
- 8, 15, 29 PEER LED, Crafts, Shelly, 10am, Ionia TRD**
- 8, 29 PEER LED, Self Love, Shelly, 11:30am, Ionia TRD**
- 8, 29 PEER LED, Cooking with Shelly, 4:30pm, Ionia TRD**
- 9, 16 PEER LED, Sunset Yoga, Lexi, 5pm, Ionia TRD**
- 23, 30 PEER LED, Portland Women's Group, Shelly, 1-2pm, Portland TRD**
- 9, 23 PEER LED, Yoga with Lexie, 3pm, Belding TRD**
- 10, 17 PEER LED, Mobile Food Pantry, 3:30pm, 14th, Zion Mobile Pantry, 2pm, 29th. Call Shelly for a ride**
- 14, 29 Committee of the Whole Meeting, 4-6pm, Ionia TRD**
- 12 Mother's Day**
- 14 PEER LED, Bingo, 1:30pm, Shelly, Bluewater Cafe**
- 15, 29 PEER LED, Living with Diabetes, Lexie, 10:30am, Ionia TRD**
- 20 TRD Board Meeting, 4-6pm, Ionia TRD**
- 21 Ionia TRD**
- 27 Right Door Closed to observe Memorial Day**
- 30 PEER LED, Portland Walking Group, Shelly, 1pm, Portland TRD**

Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. The fact that one in five adults experiences a mental condition each year and less than half receive treatment means we need to stop the stigma surrounding mental health and have the courage to seek help.

50 percent of all lifetime mental illnesses begin by the age of 14; 75 percent before the age of 24. If adults do not seek help, our children will not either.



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.

MENTAL HEALTH RESOURCES

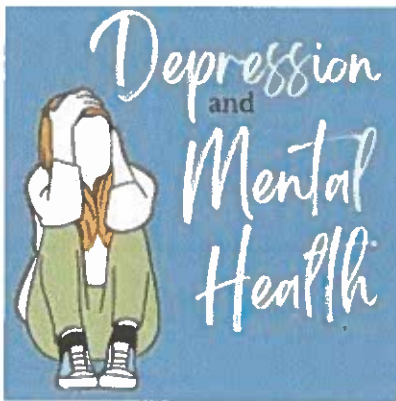
Area Counselling Resources:

Catholic Charities	616.522.0687
Four Health Family Resource Center	616.642.6466
Mid State Health Network-MSHN	844.405.3095
Relief After Violent Encounter (RAVE)	616.527.3351
River's Edge Drop-in Center	616.522.9773
Samaritas (Belding Covered Mall)	616.215.2307
The Right Door	888.527.1790
	616.527.1790
Two Rivers Counseling	616.647.4747
Viewpointe Counseling	616.523.6537

Depression after Delivery	800.944.4773
Ionia County Health Department	616.5217.5341
Mical Suicide and Crisis Lifeline	9.8.8.
Mid State Health Network	800.342.9647
National Alliance on Mental Illness	
	nami.org/mentalhealthmonth
Suicide Prevention Lifeline	800.273.8255
Substance Abuse and Mental Health	800.662.4357

River's Edge now has Suicide Awareness Initiative Samaritas (TRD Ionia) 616.527.1790
MyStrength (TRD)
www.mystrength.com access code **Right Door Community**

All people, no matter where they are on their mental health journey, are deserving of support, resources, fulfillment and a community that cares.



myStrength

Personal Support for you!

Sign up for free, unlimited access to personalized help with myStrength!

- Reduce stress
- Track your mood online
- Manage depressive thoughts
- Manage anxious thoughts
- Access and share inspirations
- Get help on the go with the app

SIGN UP TODAY

1. Go to www.mystrength.com
2. Click **Sign Up**
3. Enter the Access Code:
RightDoorCommunity



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 MATTER
(616) 527-1790



THE right DOOR
for hope, recovery and wellness

Looking in my unused recipe file, I came across these two salad recipes that had been put in my mailbox anonymously by TRD staff. What a great time to find two heartier salads to ease into salad season and buffed up bodies.

Ultimate Santa Fe Salad



Ingredients:

- ◆ 2 skinless boneless chicken breasts
- ◆ 1/2 packet dry fajita seasoning
- ◆ 1 tablespoon vegetable oil
- ◆ 1 (11 ounce) can Mexican-style corn
- ◆ 1 (10 package mixed salad greens
- ◆ 1/4 cup finely chopped or grated carrot
- ◆ 1/4 cup finely chopped or grated red cabbage
- ◆ 1/4 cup black beans (optional)
- ◆ 1/4 cup chopped tomatoes (optional)
- ◆ 1/2 cup tortilla chips
- ◆ 1/2 cup three state or Colby jack shredded cheddar cheese
- ◆ Spicy ranch dressing to taste
- ◆ Sprinkle of lime juice
- ◆ Sliced jalapenos and guacamole (optional)

Directions:

1. Rub the chicken and cook in a lightly oiled pan.
2. Cut chicken into chunks.
3. Assemble the balance of ingredients and enjoy

Rice Savory Salad

Ingredients:

- ◆ 1 box Uncle Ben's wild rice (and seasoning packet)
- ◆ 3 or 4 green onions, sliced
- ◆ 3 stalks celery, sliced
- ◆ 1 green or red pepper, finely chopped
- ◆ 2 cups frozen peas (uncooked)
- ◆ 1 bunch broccoli (flowerets, pieced)
- ◆ 1 cup fresh mushrooms, sliced
- ◆ 1 cup dry Chinese noodles

Dressing:

- ◆ 1/2 cup vegetable oil
- ◆ 3 tablespoons soya sauce
- ◆ 2 tablespoons white vinegar
- ◆ 1 tablespoon curry powder

Directions:

1. Cook rice as directed.
2. Mix rice with vegetables.
3. Shake dressing and add to salad.
4. Stir gently
5. Refrigerate till ready to eat.
6. Stir again.



BOOK REVIEW

In her third cookbook, actress and Food Network star, Valerie Bertinelli writes how she no longer denies herself. Instead she relishes preparing and eating her food. **Indulge Delicious and Decadent Dishes to Enjoy and Share** includes Maple Pecan Scones, Roasted Tomato Panzella, more.

AWARENESSES/ OBSERVANCE RESOURCES:

May is a month of many health observances. Fitness and wellness—inside and out—physical and mental—are the main focus for all Americans, regardless of age.

Food Allergy Awareness, Week May 12-18, www.Foodallergy.org/food-allergy-awareness-week

Global Employee Health and Fitness gehfm.org

Healthy Vision Month (National Eye Institute) www.Nei.nih.gov/learn-about-eye-health/resources-for-health-educators/healthy-vision-resources/healthy-vision-month

Hepatitis Awareness Month www.cdc.gov/hepatitis/awareness/HepatitisAwarenessMonth.htm

National Bike Month (The League of American Bicyclists) bikeleague.org/events/bike-month

National High Blood Pressure Education Month www.nhibi.nih.gov/education/high-blood-pressure/high-blood-pressure-education-month

National Osteoporosis Awareness www.bonehealthandosteoporosis.org

National Stroke Awareness Month www.stroke.org/en/about-the-american-stroke-association

National Women's Health Week May 12-18 www.womenshealth.gov/nwhw/about-month www.nccc-online.org/womens-health-month

Older Americans Month (Administration for Community Living) acl.gov/oam/history

Physical Fitness and Sports Month health.gov

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.




May 7	2 pm, Walk up, Central UMC, Lake Odessa
May 7	6 pm, Drive Through, Twin Rivers Elementary , Muir
May 14	4:30 pm, Drive Through, Zion UMC, Ionia Fairgrounds
May 17	4:30 pm, Drive Through, Belding High School
May 21	6 pm, Drive Through, Hubbardston American Legion
May 29	5pm, Drive Through, Shiloh Community Church, Orleans
May 30	4:30pm, Drive Through Saranac Community Church

All Farmers Markets and West Michigan Farm Markets are opening this month/next



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



Cool Vegetables to Grow This Spring

Did you know some cool season vegetables like onions, peas and spinach are so hardy they can be planted as soon as the ground can be worked in the spring? This is usually late March or early April in southern Michigan, or one to three weeks later further north.

According to our friends at Michigan State University Extension, you can start your gardening season earlier by planting cool season vegetables which prefer lower temperatures for seed germination and plant growth. In fact some crops can be seeded together like garlic among Swiss chard.

As MSU experts say, "Smart gardeners know they don't have to wait for those sunny 70-degree days to get started." Once the soil temperatures reach 50 degrees you can seed a variety of cool season veggies to extend your gardening season. Use a soil probe or a kitchen thermometer to measure the soil temp.

Prepare your soil for planting by lightly tilling to deposit the seed instead of cultivating repeatedly. Cultivating when the soil is too wet will destroy the soil structure and cause seeds to rot.



This is also time to make plans for companion planting or utilizing different layers of your garden. Perhaps you seed radishes and beets alongside your lettuce. Since lettuce will grow near the soil's surface while radishes and beets push down into the soil, the root crops will naturally break up the soil adding air and water space. And if your greens die back, simply reseed.

You can also take advantage of the vining habit of peas to plant them on a trellis providing shade for ground cover greens like lettuce or spinach below. Together they will ward off weeds. Peas can also be planted in spring porch containers beside cold-loving flowers like pansies or snapdragons.

Perhaps you choose to establish perennial vegetables now like asparagus and rhubarb. Choose a well-drained permanent location for each and mix compost in the soil. Compost around the base of the plants at the start and annually will build healthy soil.

Smart gardeners can also incorporate season extenders like low tunnels or cold frames to aid in heating up spring soils quicker assisting with germination. The sun's natural energy allows these covered beds to heat up as the sunlight becomes more prominent in the spring sky. They also provide protection from late season frosts to boost your harvest. Then reseeding in mid to late summer will also boost your vegetable crop in the fall.

Adapted from an article from Rebecca Krans



Vegetable Gardening

Garden Planning Calendar

January-February: Order seed catalogs.

February-March: Order seeds.

March-April: Prepare the soil when it is dry enough.

April: Plant cool season vegetables.

May: Plant warm season vegetables after the danger of frost is gone.

Where To Put Your Garden

- Convenient to your home and close to a water source.
- Where the soil is good and free from toxins.
- Sunny, level spot (with six to eight hours of sunlight)
 - Stay away from trees and shrubs.
 - Avoid north-facing slopes and low areas.

Build Your Garden Soil

- Add organic matter every year.
- Test your soil for acidity (pH) and nutrients.
- Use the appropriate amount and type of fertilizer.
- Prepare your garden soil for planting and avoid compacting it.

Plan Your Garden on Paper

- Start small (20 feet by 0 feet) and expand with more experience.
- Plant tall vegetables on the north side.
- Give each plant the space it needs.
- Draw a garden map and include:
 - 1) Specific location of each vegetable.
 - 2) Spacing between plants and rows.
 - 3) Vegetables your family likes to eat.
 - 4) Planting dates.

Cool Season Vegetables

Beginner Gardener:

Container or small garden

Carrots
Lettuce (bibb or leaf)
Onions
Peas
Radishes

Experienced Gardener:

Chinese cabbage
Chives
Collards
Dill
Kale
Kohlrabi
Lettuce (Head)
Parsley
Potatoes
Rutabaga



Any Gardener:

General Garden

Beets
Broccoli
Brussel sprouts
Cabbage
Cauliflower
Parsnip
Spinach
Swiss chard
Turnip

Avid Gardener:

Asparagus (perennial)
Celery
Garlic
Horseradish
Mustard
Rhubarb (perennial)

Warm Season Vegetables

Beginner Gardener:

Cucumbers (bush and vine)
Snap beans
Summer Squash
Tomatoes

Experienced Gardener:

Pumpkins
Tomatoes (Heirloom/Yellow)
Watermelons



Any Gardener:

Eggplant
Lima beans
Muskmelon
Okra
Squash (winter)
Sweet corn

Avid Gardener:

Popcorn
Sweet potatoes
Soybeans/Endame

Plant Your Garden

- Buy and plant seeds and transplants according to your plan.
- Harden off your transplants.
- Plant when the soil is warm enough for your crops.
- Use mulch and maybe row covers.

Keep Your Plants Growing

- Thin plants to increase harvest.
- Keep the garden weeded and manage pest problems.
- Add nutrients in the summer when needed.
- Water when the soil is dry.

www.migarden.msu.edu



CLERICAL

Anagram courtesy Pete Leland

How many words can you make
from the word Therapy?
Answers on the last page.

Therapy

*“Dig deep within yourself,
for there is a fountain
of goodness ever ready to
flow if you keep digging.”*

Marcus Aurelius



EVENTS/Resources



Alvah N. Belding Library, Main Street. (616) 794-1450. Friends of the Library present Fancy Hat High Tea, May 22, 1:00pm, Belrockton Museum. Tea, refreshments and the Middle School Choir perform.

HUBBARDSTON



May 4, Masonic Lodge, Chicken Dinner, 4-6pm, \$15. Eat in or take out. Fried Chicken taters, gravy, beans, coleslaw, roll, dessert.

May 12, American Legion, All-You Can-Eat-Breakfast, 8:30-1:30am.



Ionia County Commission on Aging Senior Center

Mondays, Coffee Klatch, 9-10:30am, informal, casual conversation, coffee and snack, free.

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

Tuesday and Thursdays, Armchair Exercise, 10:30-11:30am. Low impact seated exercise class helps improve strength, flexibility and balance. Suggested fee \$2.

Tuesdays and Thursdays, 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. (616) 527-5365.

Sites :

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.

Wednesdays, Tai Chi, 9:45-10:30am, or 10:45-11:45am, in person or zoom.

Wednesdays, Euchre, 12:30-3:30pm.

Fridays Painting Group, 1-3pm

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.

May 10

Fair Food Night at the Ionia Moose, 5-8pm. Italian Sausage baskets, corn dog and chili dog baskets and chili cheese fries, \$10 or under from Gazellas.

May 11

Flea Market on the Hill, 9am-3pm, Church of the Nazarene, Portland. Antiques, vintage toys, household goods, food vendors like Big Bubba J's Barbecue serving up breakfast and lunch.

Ionia Floral Building Fundraising Event

THE VINTAGE ROOF MARKET

MAY 11TH, 2024
10:00AM - 3:00PM

DONATIONS AT THE DOOR	IONIA FLORAL BUILDING IONIA FREE FAIR 317 S DEXTER ST IONIA, MI 48846
------------------------------	--

VENDORS OF HANDCRAFTED AND HOMEGROWN GOODS AUCTION

May 11

Mother's Day Tea, 11am-1pm, Horrocks, Ionia. Seminars, tea, and refreshments served garden-style in a greenhouse filled with spring flowers. Seminars include: 11am-noon—Rose Care, David from Spring Meadow; Noon to 1pm—Garden Questions with Julie and Lori.

Dinner Theater, May 10 and 11, 6pm, Red Mill, Portland, \$35. Taste of Home catering. Chicken Imperial, roast beef, fingerling taters, salad, California blend veg, apple dump cake.

FRIENDS OF THE RED MILL & PHS Fine Arts Department present

Agatha Christie's

The ABC MURDERS

Dinner THEATER

MAY 10
6:00 PM

EVENTS/Resources



LAKE ODESSA

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

Lake Odessa Library, (616) 374-4591
www.lakeodessalibrary.org. Family story time, Wednesdays, 10:30, Yoga with Linda Kimmel, Saturdays, 9:08am.

Monday and Thursday, AA Meeting, 7pm, St. Edwards Church. (616) 902-9001.

Thursday, Area Alanon Meeting, 10-11am, Lakewood United Methodist Church (616) 575-8000.

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



City of Portland (616) 647-7531.

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

Dale Hyland American Legion, 7pm, at VFW, second Monday each month.

Portland Senior Center, Mondays, Bingo 6pm and Fridays 9:30am, Tuesdays and Thursdays, Euchre, 1pm. (517) 647-4004.

Thursday, TOPS (Take Off Pounds Sensibly), 6-7:30pm, Portland District Library, (517) 647-2025.

Wednesday, Area Alanon Meeting, 10-11am, First Congregational Church, (616) 575-8000.

LYONS-MUIR



Lyons Township District Library (989)-3414. www.lyonsmichlibrary.org. Wednesdays, storytime, 11am, Knitter's Circle, 11am. Thursdays, Writers Group, 10am, Kids Bingo or Game Night, 4pm. April 9 Solar Eclipse Watch Party, 1:30, glasses provided. April 12 Caregiver Corner, 10m. April 27, Anime Club, 1pm. April 30, Sip and Read Book Club, 11am.

Village of Lyons (989) 855-2125.

Village of Muir (989) 833-2144.



Third Monday of the month, Boston Saranac Historical Society meeting, 7pm.

Third Tuesday of the month, Saranac Community Association and Area Women's Club, 7pm, Greenridge office.

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

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

Village of Saranac (616) 642-6324.



Lake Odessa Sand Volleyball
SPRING VOLLEYBALL
Competitive Co-Ed 4's Cost: \$30
Dates: 5/19, 24, 6/2, 9, 14, 21, 30
Sunday: 4:30 Friday: 6pm

REC Co-Ed's 4s-6s Cost: \$30
5/19, 24, 6/2, 9, 14, 21, 30
Sunday: 2:30pm Friday: 6pm

Questions email rachelhaskin0901@gmail.com



31 Saranac Sales, May 17 and 18.

Map Saranac Community Association, Facebook

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

www8cap.org

DF DRAB TO FAB

May 2, 2024,
9am-3pm, Ionia



How do you continue to top previous years events? Yet it happened again. It was another record year with 152 people through the door for Drab to Fab. Some 48 people got their hair cut and the donated items seemed more as well. Thank you one and all for all you do!



Top left: Artful accessories, just as you walk in Grand River and surrounded by a plethora of donated clothes! Definitely blessed with donations in-house and outside the agency. Thank you one and all for your help!

Left: Getting your nails cared for and painted was new and a huge hit in Flat River.

Below: Shoes, shoes and more shoes, including KEDS from United Way. This is only about half! They lined the hall all the way to the bathrooms.



Sparrow THE right DOOR

for hope, recovery and wellness

TEAM MOBILE HEALTH CLINIC

May 2, 8am-12pm

At The Ionia Right Door Front Parking Lot



Inside the Bus, the Ladies Provided:

- PCP Follow-up Visits for 5 people
- Established Primary Care Provider to 2 people
- BP Checks for 2 people
- Resource Coordinator Referral to 1 person
- Provider Visits for 2 people

Under the Population Health Service Organization (PHSO), the Mobile Health Clinic is staffed by physicians from Sparrow Medical Residency Clinic and nurses from their Population Health Department and funded by donors and a W3 Mobile Health Endowment to provide care to everyone including those lacking access through traditional avenues.



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 Customer Service** 1-888-678-8914
- **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 ReHab** 1-800-605-6722
- **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

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

Anger Management
Mondays, 5pm, Zoom.

Belding CBT Depression
Ongoing, Fridays, 10-11am, Zoom.

Adult DBT
Ongoing, Mondays, 1pm, Ionia TRD.

Crafts
Peer Led, May 8, 15, 29, 10-11am, Ionia TRD.

Cooking With Shelly
Peer Led, May 8, 29, 4:30pm, Ionia TRD.

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

Family Psychoeducation
Saturdays, 10am, Ionia TRD.

Food Pantry Rides
Peer Led, May 14, Mobile Food Pantry, 3:30pm, May 29, Zion, 2pm, call Shelly for a ride.

Games Group
Peer Led, May 6,13, 4pm, Ionia TRD.

LGBTQIA
Peer Led, Ongoing, May 6, 13, 3-4pm, Ionia TRD.

Living with Diabetes
Peer Led, May 15, 29, 10:30am, Ionia TRD.

Money Management
Peer Led, May 7, 12:30, Ionia TRD.

Parenting Through Change
To increase referrals PTC will be virtual. Starting March 21, 1-2pm, Thursdays, Belding TRD.

Portland Walking Group
Peer Led, May 30, 1pm, Portland TRD

Recovery Garden
Peer Led, Recovery Garden, May 6, 13, 28, 10am, Ionia TRD.

Self-Love
Peer Led, May 8, 29, 11:30am, Ionia TRD.

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

Social Hour
Peer Led, May 14, Bingo, 1:30-2:30pm, Bluewater Cafe.

Train Your Brain
Peer Led, May 7, 28, 11am, Ionia TRD.

Volunteer Group
Peer Led, May 7, 14, 3:30pm, Ionia Theater.

Walking Group
Peer Led, May 7, 14, 21, 10:30am, Ionia TRD.

Women's Group
Peer Led, May 9, 23, 1-2pm, Portland TRD.

THE *right* DOOR
for hope, recovery and wellness



Writing for Recovery

Peer Led, May 7, 14, 28, 11am, Ionia TRD.

YES, Truly Our Friends (YTOF)

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

YOGA

Peer Led, **Belding**, May 10, 17, 24, 31, 3pm, Belding TRD.

Chair, May 8, 15, 29, 9am, Ionia TRD.

Sunset, May 9, 16, 23, 30, 5pm, Ionia TRD.



2024 MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	11am Healthy Relationships 10m Free Lunch 1:30 Nutrition 1	9am-3pm Drab to Fab The Right Door 2	11am-12:30pm Lunch Right Door 2pm Music 3	4
5	11am Mindful Monday 2pm Board Meeting 6	11am-2pm Bee Creative 1pm Meditation 7	11am Relationships 10m Free Lunch 1:30 Nutrition 8	11am This is Me 12-3pm Bowling 9	11am Round Table Talk 2pm Music 10	11
12	11am Mindful Monday 2pm Goal Getters 13	11am-2pm Bee Creative 1pm Meditation 14	11am Relationships 10m Free Lunch 1:30 Nutrition 15	11am This is Me 12-3pm Bowling 16	11am Round Table Talk 2pm Music 17	18
19	11am Mindful Monday 2pm Goal Getters 20	11am-2pm Bee Creative 1pm Meditation 21	11am Relationships 10m Free Lunch 1:30 Nutrition 22	11am This is Me 12-3pm Bowling 23	11am Round Table Talk 2pm Music 24	25
26	Closed Memorial Day 27	11am-2pm Bee Creative 1pm Meditation 28	11am Relationships 10m Free Lunch 1:30 Nutrition 29	11am This is Me 12-3pm Bowling 30	11am Round Table Talk 2pm Music 31	1

RIVER'S EDGE DROP IN CENTER CALENDAR

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

You can make 35 words from Therapy

- 2 six letter words: Earthy, hearty
- 6 five letter words: Hyper, party, payer, earth, hater, teary
- 12 four letter words: Hype, harp, heap, path, pray, prey, they, yeah, part, pear, tape trap
- 15 three letter words: pay, pry, yap, yep, hay, hey, ape, apt, pat, pea, pet, tap, aye, hat, her