



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:



Walking through Meijer the other day I came upon a lady training a pup in a Paws with a Cause vest. It reminded me how much I wanted to be a puppy raiser years ago when I was a Lions Club member. But in my heart I knew I would never be able to train a dog and give it away because I would get too attached.



The whole service dog program, philosophy and outcome is life changing for our persons served who are blind, deaf, vision or hearing challenged. So too is the comfort, companionship and calmness other therapy animals provide to those with mental or emotional needs.

Another of our other Lions service projects was to spend a day at the Secretary State Office in April asking people renewing their drivers licenses if they had a heart on their card. If not we provided casual dialogue about organ donation which the symbol represents. After all it is much easier to make a personal choice at the DMV and simply have a heart placed on your updated card confirming that choice than it is for family to make that decision when they are most vulnerable.

So hats off to all those who volunteer taking the noble high road for our greater good which sometimes comes at a high personal cost to them.





- 1 **April Fools Day**
- 2 **World Autism Awareness Day**
- 2, 9, 23, 30 **PEER LED**, Writing for Recovery, Katie, 11:00am, *Ionia TRD*
- 2, 9, 23, 30 **PEER LED**, Money Management, Shelly, 12:30pm, *Ionia TRD*
- 2, 9, 23, 30 **PEER LED**, Train Your Brain, 2pm, Shelly, *Ionia TRD*
- 2, 16 **PEER LED**, Volunteer Group, Shelly, 3:30pm, *Ionia Theater*
- 3, 10, 17, 24 **PEER LED**, Chair Yoga, Lexie, 9am, *Ionia TRD*
- 3, 17 **PEER LED**, Living with Diabetes, Lexie, 10:30am, *Ionia TRD*
- 4, 11, 18, 25 **PEER LED**, Sunset Yoga, Lexi, 5pm, *Ionia TRD*
- 5 **National Self Care/National Walking Day**
- 5 **PEER LUNCHEON**, Homebuying, 11-12:30pm, *Ionia TRD*
- 5, 12, 19, 26 **PEER LED**, Yoga with Lexie, 3pm, *Belding TRD*
- 8 **Adult Autism Awareness Day**
- 8, 22 **PEER LED**, LGBTQIA Group, Katie, 3-4pm, *Ionia TRD*
- 8, 22 **PEER LED**, Games Group, Lexie, 4pm, *Ionia TRD*
- 9, 24 **PEER LED**, Mobile Food Pantry, 3:30pm, 9th, Zion Mobile Pantry, 2pm, 24th. Call Shelly for a ride
- 10, 24 **PEER LED**, Crafts, Shelly, 10am, *Ionia TRD*
- 10, 24 **PEER LED**, Self Love, Shelly, 11:30am,
- 11, 25 **PEER LED**, Portland Women's Group, Shelly, 1-2pm, *Portland TRD*
- 15 **Committee of the Whole Meeting**, 4-6pm, *Ionia TRD*
- 15 **Tax Filing Day**, (State, Federal)
- 16 **PEER LED**, Bingo, 1:30pm, Shelly, *Burger King*
- 19 **PEER LED REWARDS DAY**, 9am, *invitation only*
- 20 **Volunteer Recognition Day**
- 22 **TRD Board Meeting**, 4-6pm, *Ionia TRD*
- 23, 30 **PEER LED**, Walking with Shelly, 10:30am, *Ionia TRD*
- 24 **PEER LED**, Cooking with Shelly, 4:30pm, *Ionia TRD*
- 28 **Global Pay It Forward Day**
- 30 **National Therapy Animal Day**
- 30 **Tax Filing Day** (City of Ionia)

WEEK LONG OBSERVANCES:

- April 3-9 **National Public Health Week**
- April 21-27 **National Volunteer Week**

MONTH LONG AWARENESSES/OBSERVANCES:

• Autism Acceptance Month



In 2020 there was a change in language from Autism Awareness to Autism Acceptance to promote acceptance and inclusion for those with Autism and Aspergers. Those on the Autism Spectrum have complex brain disorders inhibiting communication,

In terms of numbers, Autism now affects 1 in 68 children. Boys are nearly five times more likely than girls to have autism translating into 1 out of 42 boys. And that prevalence is growing. In fact, autism is the fastest growing developmental disability in the U.S. costing a family \$60,000 a year on average. There is also no medical detection or cure. (*Autism Speaks*)

At the Right Door our highly skilled, trained professionals provide services for children and adults between the ages of 18 months to 21 years of age who meet the Medical Necessity Criteria for Autism Spectrum Disorder.

Those services, once diagnosis is confirmed by testing, include:

- ⇒ **Applied Behavioral Analysis (ABA)**
- ⇒ **Occupational Therapy**
- ⇒ **Speech Therapy**
- ⇒ **Community Living Supports**
- ⇒ **Case management**
- ⇒ **Respite**
- ⇒ **Behavioral support**
- ⇒ **Medication Services**



The process to access ABA services at TRD includes:

1. Screening MCHAT or SCQ by a qualified provider.
2. Referral to The Right Door.
3. Diagnostic Testing which is completed by The Right Door

What is Applied Behavior Analysis (ABA)?

ABA is an evidence based practice focusing on how learning takes place. Positive reinforcement is one principle. When a behavior is followed by some sort of reward, the behavior is more likely to be repeated. Through decades of research the behavior analysis field has developed many techniques to increase useful behavior and reduce those that may interfere with learning or cause harm. These techniques can be used in structured situations like classroom lessons, and everyday situations like family dinnertime or on the playground.

MONTH LONG AWARENESSES/OBSERVANCES:

NEW ADULT AUTISM GROUP

Activity Group for adults with ASD



This group is for adults age 26 or older with autism. The goal is to connect with others in a group of nine completing fun activities like arts and crafts, board games, or sensory activities.

Every other Monday, 1:30-2:30, Ionia TRD

4/1, 4/15, 4/29, 5/13, 5/27, 6/10, 6/24, 7/8, 7/22

RSVP your case worker one week prior 616.527.1790

• Alcohol Awareness

The Department of Alcoholic Beverage Control (ABC) recognizes the importance of Alcohol Awareness Month every April due to the high number of alcohol related deaths each year in the U.S. According to the Center for Disease Control, about 178,000 people die each year from excessive alcohol use. In addition, more than 200 disease and injury related conditions are associated with alcohol misuse.

Substance Abuse Resources:

Alcoholics' Anonymous	800.821.3014
Alcohol/Drug Abuse Helpline/Treatment	844.289.0879
	Alcohol.org
CDC Centers for Disease Control	www.cdc.gov
Ionia County Health Department	616.527.5341
Mid-State Health Network (MSHN)	844.405.3095
Mothers Against Drunk Driving	877.623.3435
Montcalm Alano Club	616.232.2002
Randy's House of Greenville	616.232.2915
National Institute of Alcohol Abuse and Alcoholism	www.niaaa.nih.gov
The Right Door	888.527.1790 or 616.527.1790
Samaritas	616.527.1790
SAMSHA	800.662.4357
Substance Abuse and Mental Health Services Administration	

Drinking too much – *on a single occasion or over time* – can take a serious toll on your health. Here's how alcohol can affect your body:



Brain:

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Liver:

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Immune System:

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

Heart:

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

Pancreas:

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation in the pancreas that causes its swelling and pain (*which may spread*) and impairs its ability to make enzymes and hormones for proper digestion.



National Institute on Alcohol
Abuse and Alcoholism

**MONTH LONG AWARENESSES/
OBSERVANCES (Continued):**



- **Celebrate Diversity Month** was initiated in 2004 to recognize and honor the diversity in the world around us (in populations, cultures and religions).

By celebrating differences and similarities during this month, it is hoped that people will gain a deeper understanding of each other.

- **Counselling Awareness/Therapy Month**



Alamy

Area Counselling Resources:

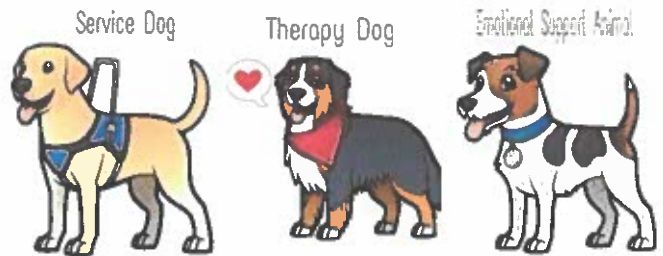
Four Health Family Resource Center	616.642.6466
Mid State Health Network-MSHN	844.405.3095
Relief After Violent Encounter (RAVE)	616.527.3351
River's Edge Drop-in Center	616.522.9773
The Right Door	888.527.1790
	616.527.1790
Two Rivers Counseling	616.647.4747
Viewpointe Counseling	616.523.6537

- **Dog Appreciation including Service/Therapy Pets**

Specifically trained to perform tasks that mitigate a handler's disability.

Trained to bring comfort and joy to those in a hospital, school or other group care environments

Provides support and emotional comfort to a handler with a mental illness



- **Move More Month**

Make every move count. Small steps daily can add up to huge strides—in your physical health, mental health, stress levels, sleep productivity, relationships and more. For example...10 minutes of stretching is like walking the length of a football field.

- **National Stress Awareness Month**

9 WAYS TO MANAGE STRESS

- 1 Accept your needs
- 2 Manage your time
- 3 Practice relaxation
- 4 Exercise daily
- 5 Set aside time for yourself
- 6 Eat well
- 7 Get enough sleep
- 8 Avoid alcohol and drugs
- 9 Talk to someone

**SAVE
THE
DATE**

(And Your Clothes for Peers)



May 2, 2024, 8am-4pm

THE right DOOR
for hope, recovery and wellness

375 Apple Drive, Ionia

Sparrow

THE right DOOR
for hope, recovery and wellness

TEAM MOBILE HEALTH CLINIC EVENT

May 2, 8am-12pm

At The Right Door, 375 Apple Drive, Ionia

The Right Door is teaming up with Sparrow Health and Dean Transportation to bring services to a neighborhood near you.

Part of Sparrow's mission is to improve the health of people in our communities by providing quality, compassionate care to everyone, every time including those who lack access to care through traditional avenues.

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 is funded by donors and a W3 Mobile Health Endowment.

They offer a variety of health screenings, immunizations, physician visits and patient education including:

- **HEALTH SCREENINGS:**

- Behavioral Health
- Blood Pressure
- Body Mass Index
- Cholesterol
- Diabetes

- **SERVICES:**

- Immunizations
- Flu Shots

Referrals to Cancer Prevention Screenings

- **MAMMOGRAPHY:**

- Education

- **PHYSICIAN REFERRALS:**

- Wellness Exams

For more information: Sparrow.org/MobileClinic

Direct questions to 517.364.8178 or

SparrowMobileHealthClinic@Sparrow.org



**TAX FILING
DAY IS
APRIL 15,
2024. CITY
OF IONIA
TAX
RETURNS
DUE APRIL
30, 2024.**

[FREE FILE: Do your taxes for free / Internal Revenue Service \(irs.gov\)](https://irs.gov)

Ionia County Commission on Aging
(616) 527-5365

Legal Aid of Western Michigan (Ionia and Montcalm Counties)

Primary goal is preserving client income and assets. Involved with tax controversies with the IRS.

(616) 774-0672

www.lawestmi.org

Michigan Department of Health and Human Services (MDHHS) (616) 527-5200

Michigan Free Tax Help

Michiganfreetaxhelp.org

Resource to claim tax credits, use 2-1-1 and find local help at no cost

United Way

2-1-1:

[Volunteer Income Tax Assistance \(VITA\) / United Way](https://VolunteerIncomeTaxAssistance(VITA)/UnitedWay)
[Montcalm—Ionia Counties \(Iveunitedin1.org\)](https://MontcalmIoniaCounties(Iveunitedin1.org))
[Montcalm—Ionia Counties \(Iveunitedin1.org\)](https://Montcalm—IoniaCounties(Iveunitedin1.org))



New Members



- The CAC is for Primary Persons Served (receiving services), Secondary Persons Served (families, guardians and other responsible parties of individuals eligible to receive, currently receiving, or who have previously received services).
- CAC meets the third Thursday every month from 1:30-2:30pm at Ionia TRD.
- CAC provides opportunities for members to collaborate, provide feedback about services, and discuss current trends.
- Members also have opportunities to provide input/feedback on processes at TRD including intake, front door, surveys, more.
- CAC also discusses possible areas of improvement whether physical, program/service, customer service, internal providers, orientation/education.
- Members are reimbursed a reasonable stipend for participation.

Please contact TRD Customer Service at **(888) 527-1790** to complete an application or pick one up in our lobby. Customer Service will let you know if you are approved for membership.

Today I hit a wall...

I could feel its presence looming two days ago as I rolled out bed, keenly aware of a heaviness I simply couldn't shake. I know where it came from. I know what triggered it. And I tried really hard to stop myself from running into the wall. But there it stood—right in my path. And I hit it full force today, reminding myself that I am, in fact, a mere human. I am not indestructible. I am not perfect. I cannot do it all. I have limits. My abilities and skills have finite ends. And I reached them.

At first I tried to outrun the wall but that only meant that I ran into it full force multiple times today. Then I tried to outsmart it and find my way around it, but that only left me more exhausted and defeated as I faced dead end after dead end. Then I tried to outplay it by shifting energies to some things that maybe would be easier, but only resulted in more failures. Finally, I admitted defeat and let myself slide down along the wall, rest my head on my knees and let the tears come because sometimes we need to let them come.

I decided to stop fighting and just let myself be.

Life is hard and overwhelming and sometimes it's just too much—too much stress, too much worry, too much responsibility, too much feeling, too much. But we keep going, trying to outrun the hard and push ourselves not just to our limits, but beyond, no matter the cost.

If you know your wall is looming in the distance and are trying to outrun, outsmart, or outplay it—just stop. Your wall, whatever it is, is not defeat. It is not failure. It is not a symbol of all your faults and flaws. It's a reminder to slow down and give yourself some space to breathe, to play to feel, to break, to heal, and to stand back up when you are ready and keep moving forward because at the end of the day, you are what matters in your life.

You are capable of helping others—but only if you help yourself first. You are able to love others—but only if you love yourself first. You are someone who can lift others up—but only if you lift yourself up first.

Changing Perspectives

Jenni Brennan



Right Door staffers were at it again raising money for the Food Pantry by participating in a "March Madness" basketball bracket much like their in-house Superbowl Squares.



April 26

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.

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



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

WPF-WIC Project Fresh

MF-Senior Market Fresh




April 2	2 pm, Walk up, Central UMC, Lake Odessa
April 2	6 pm, Drive Through, Twin Rivers Elementary , Muir
April 9	4:30 pm, Drive Through, Zion UMC, Ionia Fairgrounds, Ionia
April 13	10am, Drive Through Mount Hope Church, Portland
April 16	6 pm, Drive Through, Hubbardston American Legion
April 19	4:30 pm, Drive Through, Belding High School
April 24	5pm, Drive Through, Shiloh Community Church, Orleans

EVENTS/Resources



BELDING

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



HUBBARDSTON

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

April 21, American Legion, All-You Can-Eat-Breakfast, 8:30 to 11:30am.

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. Contact (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.

April 10

Community Awards Ice Cream Social, 7pm, Ionia High School Gym. Everything RSVP to MWeller@IoniaSchools.org.

April 12 and 13

The Barn Sale Trail, 9am-6pm and 9am-4pm respectively. Search for treasures along the trail. Several spots showcasing vintage, rustic, primitive, farmhouse, antique, repurposed items. Food truck too. Including Stone Road Treasure, Ionia, Bobs Jamboree Barn and Rustic Love, Lake Odessa, Make Me New Again, Shrock Farm, Clarksville, more. Find the map and contributors on Facebook.

April 13

Egg Hunt, 4pm, Scheid Park, Saranac.

April 13

SAMS Celebrates 20 Years, (Saranac Area Musicians and Singers), 7pm, Saranac High School Auditorium. \$5 admission charge at the door; \$3 seniors/students.

April 16

Wagon Wheel Fundraiser, All Day, Portland. 20 percent of proceeds to the 4-H Large Animal Committee for judges, awards for 4-H youth at the Ionia Free Fair.

April 17

Paint with Jennie, (*Like Wine and Canvas*), Move 4th Fitness, Lake Odessa. Solo Palm Tree. \$25. (517) 231-2900 to reserve spot.

April 20

Mom2Mom Sale, 9am-4pm, Color Wheel Child Care Center, 416 South Bridge Street, Belding.

April 27

Shiloh Junction Consignment Auction, 10am, Orleans. Taking consignments of farm produce, equipment, fishing, hunting and gardening items, April 22-26, 10am-6pm. (616) 902-7822.

April 30 and May 2

Kindergarten Round Up, Ionia Public Schools Central Office. Register at www.ioniaschools.org or (616) 527-9280. Students are eligible if five by December 1, 2024.



CITY OF IONIA



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. April 11, Barbie Party, 5:30pm, ages 4 and up. April 18, Home based education, 1pm, Mind-Building Tales. April 18, Walk on the Wild Side Party, 5:30pm, ages 4 plus. Boisterous boyish fun. April 23, Stem with Mr. Mike, 3:30-5pm, ages 11-15. Making catapults. April 27, Wild bird program, 9:30am, Birdhouse craft for ages 3-12. Reserve all spots.

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

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.

VFW Fish Fry, 4-7pm, \$10. All the trimmings including coffee and dessert.

Village of Lyons (989) 855-2125.

Village of Muir (989) 833-2144.



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.



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

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

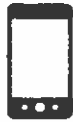
Saranac Clarksville District Library, (616) 642-9146
www.saraclark.michlibrary.org.

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

Thursdays, Grab Some Grub, 6pm weekly dinner, Ebenezer Center, Saranac. (616) 315-0971.

Village of Saranac (616) 642-6324.

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 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

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

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

THE *right* DOOR
for hope, recovery and wellness



Anger Management

Mondays, 5pm, Zoom.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia TRD.

Crafts

Peer Led, April 10, 24, 10-11am, Ionia TRD.

Teen DBT

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

Family Psychoeducation

Saturdays, 10am, Ionia TRD.

Food Pantry Rides

Peer Led, April 9, Mobile Food Pantry, 3:30pm, April 24, Zion 2pm, call Shelly for a ride.

Games Group

Peer Led, April 8, 22, 4pm, Ionia TRD.

LGBTQIA

Peer Led, Ongoing, April 8, 22, 3-4pm, Ionia TRD.

Living with Diabetes

Peer Led, April 3, 17, 10:30am, Ionia TRD.

Money Management

Peer Led, April 2, 9, 23, 30, 12:30, Ionia TRD.

Parenting Through Change

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

Self-Love

Peer Led, April 10, 24, 11:30am, Ionia TRD.

Seeking Safety

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

Social Hour

Peer Led, April 16, Bingo, 1:30-2:30pm, Burger King.

Train Your Brain

Peer Led, April 2, 9, 23, 30, 11am, Ionia TRD.

Volunteer Group

Peer Led, April 2, 16, 3:30pm, Ionia Theater.

Walking Group

Peer Led, April 23, 30, 10:30am, Ionia TRD.

Women's Group

Peer Led, April 11, 25, 1-2pm, Portland TRD.

Writing for Recovery

Peer Led, April 2, 9, 11am, Ionia TRD.

YES, Truly Our Friends (YTOF)

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

YOGA

Peer Led, **Belding**, April 5, 12, 19, 26, 3pm, Belding TRD.

Chair, April 3, 10, 17, 24, 9am, Ionia TRD.

Sunset, April 4, 11, 18, 25, 5pm, Ionia TRD.





APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	11am Mindful Monday 2pm Goal Getters	11am-2pm Bee Creative 1pm Meditation	11am Healthy Relationships 12-3pm Easter Party 1pm Free Lunch	11am This is Me 2pm Games/Bingo	11am-12:30pm Lunch with Peers at The Right Door 2pm Music with Shannon	
	11am-4pm Eclipse Party at JIMHO, Lansing and cookout	11am-2pm Bee Creative 1pm Meditation	11am Healthy Relationships 1pm Free Lunch 1:30pm Nutrition	11am This is Me 12-3pm Bowling	11am Round Table Talk 2pm Music	
	11am Mindful Monday 2pm Goal Getters	11am-2pm Bee Creative 1pm Meditation	11am Healthy Relationships 1pm Free Lunch 1:30pm Nutrition	11am This is Me 2pm Games/Bingo	11am Round Table Talk 2pm Music	
	11am Mindful Monday Earth Day	11am-2pm Bee Creative 1pm Meditation	11am Healthy Relationships 1pm Free Lunch 1:30pm Nutrition	11am This is Me 12-3pm Bowling	11am Round Table Talk 2pm Music	
	11am Mindful Monday 2pm Goal Getters	11am-2pm Bee Creative 1pm Meditation				

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773