



The right Connection

June 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 Mon-
days 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:



DIVERSITY AND INCLUSION

Everyone, no matter who you are, wants to belong. We want to be liked, be listened to, accepted, respected, and loved no matter our age, race, color, gender, sexuality, mental or physical conditions. We all want to feel like we matter; We all want inclusion.

No one wants to be marginalized, feel discrimination, or inequality because of a preconceived and unjustified opinion.

Yet there are many of us who stand out.

As members of the mental health community we see a lack of consideration everyday. The difference is a *stigma*—or unfair attitude or belief—that can be changed versus *discrimination*—which is the result or actions stemming from those attitudes and beliefs—which cannot be overcome till education, tolerance and acceptance eradicates them.

Yet it seems there are more of us on the other side these days...on the other side of the barriers that is. Maybe someday society will realize how few people are casting the stones and are in the minority. We can hope.

Till then, remember, diversity is a fact; inclusion is an act. Continue to be kind, tolerant, and above all, be yourself.



- 1 **World Pride Day**
- 4 **National Cancer Survivors Day**
- 5, 12 **PEER LED GROUP**, Pay it Forward, Katie,
19, 26 12-2pm, *TRD Ionia*
- 5,12, **PEER LED**, LGBTQIA Group, Katie,
19, 26 3-4pm, *TRD Ionia*
- 5,16 **PEER LED**, Portland Walking Group,
29 1-2pm, *meet at TRD Portland*
- 5,29 **PEER LED**, Craft Group, Shelly,
10-11am, *TRD Ionia*
- 8 **World Brain Tumor Day**
- 10 **Family Health and Fitness Day**
- 13, 20 **PEER LED**, Volunteer Group, Shelly,
3:30pm, *Ionia Theater*
- 13 **PEER LED**, Social Hour, Shelly,
12:30-1:30pm, *Denny's Farm Market*. Call
for a ride
- 14, 28 **PEER LED**, Workout Wednesday, Shelly,
10:30-11:30am, *TRD Ionia*
- 14 **Flag Day**
- 15 **PEER LED**, Knitting Group, Shelly,
10-11am, *TRD Ionia*
- 17 **Father's Day**
- 19 **Committee of the Whole**, 4-6pm, *Ionia*
- 19 **Juneteenth**
- 20 **PEER LED**, Social Hour, Bingo with
Prizes, 1-2pm, *Bluewater Cafe*
- 20 **PEER LED**, Walking Group, Shelly,
11:30am-12:30pm. Meet outside TRD
Ionia
- 21 **RRAC Meeting**, 3:30pm
- 21 **PEER LED**, Self Love, Shelly,
10:30-11:30am, *TRD Ionia*
- 22 **PEER LED**, Portland Women's Group,
Shelly, 1-2pm, *TRD Portland*
- 26 **TRD Board Meeting**, 4-6pm, *Ionia*
- 27 **National HIV Testing Day**
- 28 **PEER LED**, Money Management,
Katie and Shelly, 1-2pm, *TRD Ionia*

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 or turn in to clerical. Thanks!

Inclusion

A Poem by Stephen Norwood

Being inclusive is more than just provision,
Or adding a diagnosis next to my name.
It is more than just accepting that I am different,
Or that I sometimes need help with this or with that.

Inclusion is allowing me to be different,
Not trying to make me conform to your ideal,
Or trying to 'magic' my difficulties away.
I am me and this is who I am—accept it!

Inclusion is therefore working alongside me.
It is about accepting my difficulties.
Understanding when I struggle and find it hard.
Not giving up on me when I'm frustrated,
And irritable and tired and forgetful.
Inclusion is ensuring that I can succeed,
In spite of my difficulties, my needs, my quirks,
Today, tomorrow and for the rest of my life.



Week Long Awarenesses and Observances:

- June 10-16:** Infant Mental Health Awareness Week
- June 12-18:** Men's Health Week
- June 25-July 1:** Helen Keller Deaf-Blind Awareness Week

Month Long Awarenesses and Observances:

- Alzheimer and Brain Awareness
- Cancer Survivors Month/Cancer Immunotherapy Awareness
 - Cataract Awareness
 - Great Outdoor Month
 - Gun Violence Awareness
 - Immigrant Heritage Month
 - LGBTQIA+ and Pride Month
 - Men's Health Month
- National Headache and Migraine Awareness Month
- PTSD (Post Traumatic Stress Disorder) Awareness



DID YOU KNOW...

Although Pride Month has become known for beautiful, boisterous rainbow parades, the LGBTQ+ community celebrates this month in honor of a long and tumultuous history towards equal rights in the United States.

Initially, Dr. Frank Kameny, who was a World War II veteran and astronomer in the US Army, fought for gay rights in the 1950's and '60s. He was not alone. However, it is the 1969 Stonewall Inn Uprising in Manhattan which is sited as the root, and tipping point, for the American Gay Liberation Movement. Since homosexual acts were illegal in the States (except in Illinois), police in New York raided a gay bar (the Stonewall Inn) where patrons fought back.

A year later (on June 28, 1970) the first Pride Parade began at the Stonewall Inn as LGBTQ activists and supporters marched 15 blocks.

This spurred on Pride celebrations all over the world.

See more of the history of Pride and LGBTQ through resources like:

[Them.us](https://them.us)

GLAAD.org

LearningforJustice.org



Based on an article on [History.com](https://www.history.com)

AREA PRIDE EVENTS

- Lowell Pride, June 3, 10am-5pm, Riverwalk
- Motor City Pride (Detroit), June 10, 1-9pm and parade at noon June 11.
- The Run with PRIDE 5K 2023, June 10, 3751, 104th Avenue, Zeeland, MI. Includes 5k Run/Walk for Ages 13+, 4-12 and Ages 3
- Grand Rapids Pride, June 17, Noon-10pm, Calder Plaza
- Lansing Pride, June 17, 1-11pm, Old Town, Lansing
- Holland Pride, June 24, 12-5pm, Centennial Park



JUNE is named after JUNO the goddess of youth



Autistic Pride Day is June 18 and was first celebrated in 2005 by an organization Aspires For Freedom so people diagnosed with the Autism Spectrum Disorder could be proud to celebrate their neuro diversity and differences.

An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity

- Martin Luther King, Jr.

STRAWBERRY PRETZEL SALAD



SARAH REEDER, Clerical, *The Right Door*

CRUST:

- 2 cups crushed pretzels
- 3/4 cup melted butter
- 3 tablespoons white sugar

Bake at 350 for 10 minutes in an ungreased 9x12" pan.

FILLING:

- 1—ounce package of softened cream cheese
- 1 cup white sugar
- 1—ounce container Cool Whip, thawed

Beat together and when smooth, spread over the cooled crust. Refrigerate until chilled.

TOPPING:

- 2—3 ounce packages strawberry Jell-O
- 2 cups boiling water
- 2—10 ounce packages frozen strawberries

Dissolve Jell-O in boiling water in a large bowl. Stir in strawberries; chill until partially set. Spoon over filling. Chill until firm—about 4-6 hours. This may be served with additional whip cream and pretzels.

Positive Affirmations

1. I accept myself for who I am.
2. I am building my future.
3. I choose to think positively.
4. My happiness is up to me.
5. I start with a positive mindset.
6. Anything is possible.
7. I radiate positive energy.
8. Wonderful things are going to happen to me.
9. I can take deep breaths.
10. With every breath, I feel stronger.
11. I only compare myself to myself.
12. I can do anything.
13. It is enough to do my best.
14. My body is a vessel of wellness.
15. Today I will focus on what makes me feel good.

Adapted from The Gratitude Life Blog



June 9, 5pm Check-in, 5:30pm Distribution,
Twin Rivers Elementary, Muir

June 22, 4:30pm Check-in, 5pm Distribution,
Saranac Community Church

June 29 5pm Check-in, 5:30pm Distribution,
American Legion, Hubbardston

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



Michigan Travel Bureau Pushes for a more Hospitable State

Dave Lorenz's eclectic work experience means he has seen life from different perspectives. He plans to use that to lead the state's travel bureau through its most inclusion-focused Pure Michigan campaign yet.

Lorenz, who has been with the state's official tourism promotion department within the Michigan Economic Development Corp since 2002, worked in marketing at Meijer, and as an announcer, reporter, news director, and general manager at WGHN in Grand Haven for 15 years before that.

Like other industries following Covid, Lorenz says the travel industry does not have enough workers coming back. As such, the industry made adjustments in how they are operating including paying their employees more and showing them more respect.

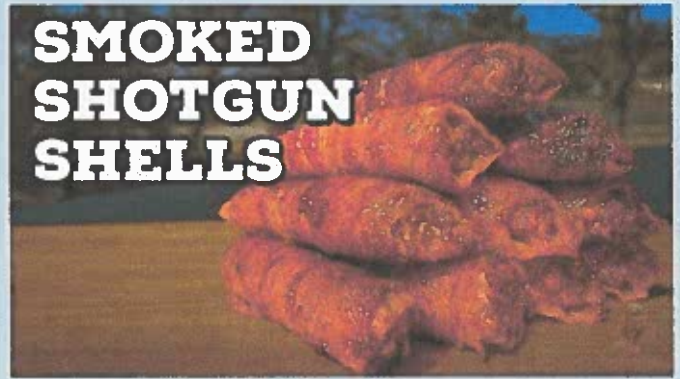
They are also encouraging travelers to show more respect to the people who are serving them.

"We deliberately challenged our industry to think what it's like to be in other people's shoes and to think about ways we can be even more hospitable to the disabled traveler, the Black traveler, the LGBTQ+ traveler."

For instance Lorenz, now in his 60's, considers himself, and a lot of his friends, as disabled travelers because they find it more difficult to see, hear, and walk. So they are looking for the travel industry to accommodate their needs.

"Every day, we have a chance to make somebody's life a little better. And that's something that should be recognized as a precious opportunity."

Adapted from Crain's Grand Rapids Business, May Issue



Mike Charles
Husband to Brenda Charles.
Brenda is the Clerical and Facility Supervisor, TRD

INGREDIENTS:

Filling

- 1 pound Italian Sausage
- 4 ounces Mozzarella cheese
- 4 ounces cream cheese
- 2 teaspoons barbecue rub (I am trying them with the holy trinity of Italian rubs—garlic, oregano, marjoram, plus basil, onion powder, black and cayenne pepper)

Shotgun Shells

- 12 Manicotti shells
- 1 pound bacon
- 1/2 cup barbecue sauce (I am trying them coated in marinara or spaghetti sauce)

INSTRUCTIONS:

Set the cream cheese out until it is room temperature. Shred the mozzarella.

Combine the sausage, cream and mozzarella cheeses and 2 teaspoons of the rub in a large bowl. Add the sausage and mix all.

Squeeze mixture into the uncooked manicotti shells either with a piping bag or spoon.

Wrap the shells with bacon covering end to end.

Place on a wire rack in an aluminum pan. Set the smoker to 250 degrees turning the shells at 30 minutes. Turn the heat to 350 to crisp bacon for 15 minutes. Cover in sauce and cook an additional 15 minutes.

Rest 5 minutes and serve whole or cut in medallions with more sauce.



BASH

August 8
Ionia

August 9
Belding and Portland



A huge shout out to **Peers Katie Vreeland**. She compassionately, and selflessly, dropped off diapers to a man holding a sign (asking for some) who was standing on the corner of Highways 66 and 21 the end of May.

As one of our Access Team members echoed (many of our thoughts), **"You made me proud to work here** (by your actions)!"



JUNE PRESENTATIONS

(OPEN TO THE COMMUNITY):

Peers have been busy adding and changing groups, activities and presentations for people to have fun while feeling more included in their communities and familiar with successfully navigating events.

MONEY MANAGEMENT, June 28, 1-2pm, Shelly Hanses and Katie Vreeland, Ionia TRD.

Do we have an opportunity for you



Are you crafty?

**Do you wish to sell what you make?
Well now you can.**

TRD will provide free tables and chairs for persons served to sell your wares during the Ionia Free Fair from July 13-22 for either a half or a full day.

All monies made are yours.

If you wish, you may have a companion with you while selling. If you do not feel comfortable being present to sell your items, arrangements can be made for someone else to do so with the money still going to you.

For more information, please contact Shelly Hanses at **616-527-1790**.

COMING SOON

- Peers will host a health-related presentation and hot dog cook out (complete with sides), July 7th, 11am-2pm at the Ionia office. It will be free to anyone receiving services at The Right Door.
- Be on the lookout for passports where persons served earn points towards prizes for attending peer related groups.

FUN EVENTS

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

Mondays, Tuesdays, Sundays
Bingo, 6pm, Portland Senior Center (517) 647-4004.
Euchre, 1pm, Portland Senior Center
Old Time Country Music Shows, 3pm Bob's Barn
Jamborees, Johnson Street, Lake Odessa. Open mic at
4:30pm. bobwarner40@gmail.com

June 8



Marty Miller, 7:30pm, East Riverside Park, Belding.
June 10, 9am-1pm, Jake Slater Elvis Tribute, The
Gathering Place for opening of the market. June 15,
Flashback, June 22, Twister, June 29, Woody Black
and Company, all 7-8:30pm, East Riverside Park
St. Anthony's Rummage and Bake Sale, Saranac, Friday
9am-5pm, Saturday 9am-noon,

June 9-10

June 10
June 8-10:

Ionia Harvest Marketplace
Soaring Above Teen Center Yard Sale Fundraiser,
Merchants Building, Ionia Fairgrounds

June 16-18



Tractor pulls and games, kids corral, petting zoo,
vendors, food, silent and pie auction, cornhole, tractor
and cash raffles

JUNE 17

SMAT School of Missionary Aviation Community Day.
5k run \$30, pancake breakfast \$8, airplane rides \$35,
kids activities, door prizes, facility tours, food.
Sign up for run <https://runsignup.com/smat5k>

June 21-25



LAKE ODESSA FAIR

Crafts, concessions, rides, 4-h animal shows, mega
raffle, beer tent (Yellowstone Party, June 23, 7pm).
Youth Horse Speed Show, June 22, 5pm
SJO Motocross, June 23, 6pm
Car Cruise In June 23, 8pm
Custom Car Show, June 24, 1pm
Truck and Tractor Pulls, June 24, 6pm
Derby Night of Destruction June 25, 6pm

June 30

Outdoor Family Movie, Dusk, Lyons Township District
Library, All Ages—Bring a blanket/chair and your
favorite snacks. Showing Troop Beverly Hills (PG)



Ionia County Farm Markets Accepting Bridge Cards

Denny Farms, 6588 Jordan Lake Road,
Saranac **616-527-1531**
(WPF, MF), Double Up Food Bucks
Open May-December, everyday during
harvest

Facebook: [Denny Farms](#)

Farm to Fork, 49 N. Bridge Street,
Saranac **616-914-6961**
Weekdays 10am-7pm, Saturday
9am-3pm

www.tsitagafarm.com/farmtofork
Facebook: [Tsitaga Farm](#)

Hanulcik Farm Market, 1425 N. State
Road, (M-66), Ionia **616-527-3630**
Open June-October, everyday during
Harvest

Facebook: [Hanulcik Farm Market](#)

U-Pick strawberries, peaches and apples

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

Pierson Orchard Market, 5348 N. State
Road, Ionia **616-527-4847**
May-December, Monday-Saturday
9am-6pm, Sunday 10am-6pm
Facebook.com/[Piersons-orchard](#)

Saranac Village Farmers Market, 60
Bridge Street, Saranac
(WPF, MF)
June-September, Saturdays, 9am-1pm
Facebook: [Saranac Village Farmers
Market](#)

DOUBLE UP FOOD BUCKS (DUFBS)
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

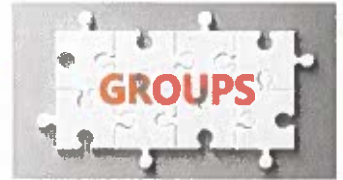


Michigan Help Lines

- **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



The Right Door



Anger Management

Starting Monday June 12, 5pm, Zoom.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia.

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia.

Crafts

Peer Led, June 5, 29, 10-11am, Ionia.

Family Psychoeducation

Saturdays, 10am, Ionia.

Knit and Sip

Peer Led, June 15, 10-11am, Ionia.

LGBTQIA

Peer Led, June 5, 12, 19, 26, 3-4pm, Ionia.

Men Supporting Men

Ongoing, Tuesdays, 2-3pm, Ionia.

Movement Class (Workout Wednesdays)

Peer Led, June 14, 28, 10:30-11:30am, Ionia.

Parenting Through Change

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

Pay It Forward

Peer Led, June 5, 12, 19, 26, 12-2pm, Ionia.

Self-Love

Peer Led, May June 21, 10-30-11:30am, Ionia.

Seeking Safety

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

Social Hour

Peer Led, June 13, 12:30-1:30pm, Denny's Farm Market. Call for a ride. June 20, Bingo with Prizes, 1-2pm, Bluewater Café.

Volunteer Group

Peer Led, June 13, 20, 3:30pm, Ionia Theater.

Walking Group

Peer Led, June 5, 15, 29, 1-2pm, Meet at TRD Portland. June 20, 11:30am-12:30pm, meet at TRD Ionia.

Women's Support Group

Ongoing, Peer Led, June 22, 1-2pm, TRD Portland.

YES, Truly Our Friends (YTOF)

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

FREE and Confidential Sexual Assault Support Group

(for 13 and up), June 9 and 23, 3:30-4:30pm, Belding Library, to promote healing and empower survivors.

Text (RAVE) Relief After Violent Encounter: 989-589-8380

To join a group, contact your clinician or a Peer

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

For a Complete Listing of all
Ionia County Resources:

www.8cap.org

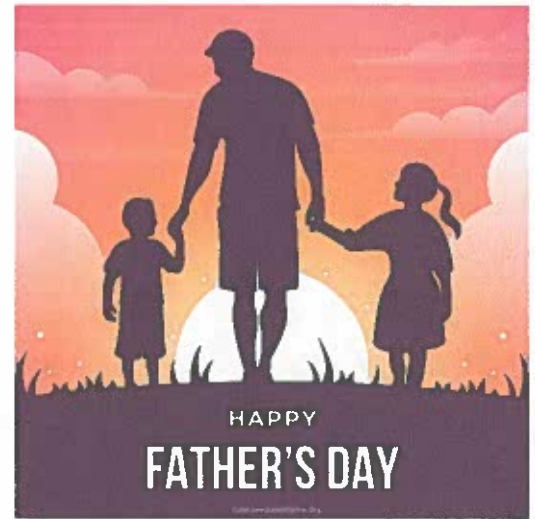
Special outings up and coming:

June 16: Our Picnic in the Park with other Centers

June 19: Outing to the Barn

June 23: Double RR Ranch, Horse Back Riding

June 28: Celebrating all June Birthdays



June 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				12:30-4 Bowling Outing, Portland ¹	10-12 Gardening ² 1 Cheap Skates 3 Music	³
⁴	⁵ 10 Volunteering 11:30 Goal Getters 2:30 Sit to be Fit	⁶ Opening today only at 12 2:30 This is Me!	⁷ 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo 3Music	⁸ 12:30-4 Bowling Outing, Portland	⁹ 10-12 Gardening 1 Cheap Skates 3 Music	¹⁰
¹¹	¹² 10 Volunteering 11:30 Goal Getters 2:30 Sit to be Fit	¹³ 11:30 Dance off the Inches 2:30 This is Me!	¹⁴ 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo 3Music	¹⁵ 12:30-4 Bowling Outing, Portland	¹⁶ All Day Picnic in the Park. All Drop ins Invited	¹⁷
¹⁸	¹⁹ 10-12 Gardening 12:30 Outing to Barn 3 Music	²⁰ 11:30 Dance off the Inches 2:30 This is Me!	²¹ 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo 3Music	²² 12:30-4 Bowling Outing, Portland	²³ 10 Double RR Ranch—Riding 1 Cheap Skates 3 Music	²⁴
²⁵	²⁶ 10-12 Gardening 1 Cheap Skates 3 Music	²⁷ 11:30 Dance off the Inches 2:30 This is Me!	²⁸ 11 Healthy Relationships 1 Happy Birthdays 1:30 Nutrition 2 Bingo 3 Music	²⁹ 12:30-4 Bowling Outing, Portland	³⁰ 10-12 Gardening 1 Cheap Skates 3 Music	

Holidays and Observances: 14 Flag Day, 18 Father's Day,