



The right Connection

February 2023



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.



5 Reasons Why Chocolate May Be Good For You

According to a study by Loma Linda University, dark chocolate with at least 70 percent cocoa solids happens to be an anti-inflammatory and antioxidant rich food. The cocoa bean itself is a super food full of flavanols lending itself to our memory and heart health.

It is comforting to know that eating an ounce or less of dark chocolate in a day not only tastes good, it helps our bodies release less cortisol and epinephrine during stressful situations. With Valentine's Day just around the corner, chocolate becomes more than a candy or a symbol of love. Be sure to indulge in some "healthy" dark chocolate desserts with the one(s) you love this Valentine's Day at <https://www.tasteofhome.com/collection/dark-chocolate-recipes/>.

- CHOCOLATE IS HEART HEALTHY:** Harvard Medical School doctors say flavanols found in dark chocolate promote healthy blood vessel function increasing blood flow to our hearts, breaking up clumps of white blood cells which can block arteries decreasing the risk of heart disease and stroke. It may also lower bad LDL cholesterol.
- CHOCOLATE MIGHT BOOST MEMORY:** Dark chocolate is not age discriminating. A bite size piece relaxes most everyone thanks to endorphins, increasing blood to our brain which can help boost memory, attention span and mood.
- CHOCOLATE MAY BE A SUNSCREEN:** Studies at the National Library of Medicine suggest flavanols may help guard skin against harmful UV rays.
- CHOCOLATE MIGHT FIGHT WRINKLES:** Eating chocolate regularly may give off enough antioxidants to help fight wrinkles say the Journal of Investigative Dermatology.
- CHOCOLATE RELIEVES STRESS:** Eating chocolate makes us happy. It improves our mood because less cortisol and epinephrine are released. It stands to reason eating a little during a stressful time could help briefly.

All you need is love. But a little chocolate now and then doesn't hurt.

- Charles Schulz



Member of:



FEBRUARY



- 1, 15 **TRD Grant**, Yoga, Shelly, 9-10am, *Ionia TRD*
- 1, 15 **TRD Grant**, Euchre, Shelly, 12:30-3:30pm, *Commission on Aging. Cost \$1*
- 2 **Groundhog Day**
- 2, 16 **TRD Grant**, Book Club, Shelly, 10-11am, *Braving the Wilderness* by Brene Brown. *TRD Ionia. Library visit on 2nd*
- 2,16 **TRD Grant**, Women's Group, Shelly, 1-2pm, *TRD Portland*
- 3 **National Wear Red Day**
- 3 **TRD Grant**, Spoons Game, Patricia, 12pm, *TRD Ionia*
- 4 **World Cancer Day**
- 7, 14 **TRD Grant**, Walking Group, Shelly, 1:30-2:30pm, *Ionia Armory*
- 21, 28 **TRD Grant**, Social Hour, Shelly, 10-11am, *Bluewater Café*
- 8 **TRD Grant**, Social Hour, Shelly, 10-11am, *Bluewater Café*
- 8, 22 **TRD Grant**, Cooking Group, Shelly, 5-6:30pm, *TRD Ionia, RSVP*
- 9, 23 **TRD Grant**, Craft Group, Shelly, 10-11am, *TRD Ionia*
- 10 **TRD Grant**, Luncheon, Patricia, 12pm, *TRD Ionia*
- 11 **Armed Forces Day**
- 12 **Abraham Lincoln's Birthdate**
- 12 **Super Bowl Sunday**
- 13 **Self Love Day**
- 13 **Drop-In Center Reopens**
- 14 **Valentine's Day**
- 14 **National Organ Donor Day**
- 14 **Congenital Heart Defects Day**
- 17 **TRD Grant**, Express Yourself Art, Patricia, 12pm, *TRD Ionia*
- 17 **Random Acts of Kindness Day**
- 20 **President's Day**
- 21 **George Washington's Birthdate**
- 22 **National Heart Valve Disease Day**
- 22 **TRD Grant**, Social Hour, Shelly, 1-2pm, *Mooville*
- 23 **TRD Grant**, myStrength information, Shelly, 3-4pm, *TRD Ionia*
- 24 **TRD Grant**, Elvis Movie, Shelly, 11-12:30pm, *Lyons Library*. Meet at TRD at 10:30am
- 24 **TRD Grant**, Health Matters, Patricia, 12pm, *TRD Ionia*

Weekly Observances:

- White Cane Week—first week
- National School Counselling Week—also the first week

Month Long Awarenesses and Observances:

- American Heart Disease Awareness
 - Black History Month
 - Low Vision Awareness
- National Cancer Prevention Month

Winter Salad from TRD Grant Cooking Group

Ingredients: Serves 8

- * 10 ounces mixed greens
- * 3 pears, chopped
- * 2 cups pecan halves
- * 1 cup dried cranberries
- * 1/2 cup blue cheese crumbled

Vinaigrette:

- * 6 tablespoons white wine vinegar
- * 2 tablespoons Dijon mustard
- * 1/2 cup olive oil
- * 1/4 teaspoon salt
- * 1/4 teaspoon sugar (optional)



Instructions:

1. In a large bowl add greens, pears, cranberries and pecans.
2. In a small bowl whisk together the vinaigrette.
3. Pour vinaigrette over salad and toss. Top with cheese.

Nutrition: Calories: 415 / Carbohydrates: 28g / Protein: 5g / Fat: 34g / Cholesterol: 6mg / Sodium: 223mg / Sugar: 19g / Fiber: 5g / Vitamin A: 500IU / Vitamin C: 11mg / Calcium 77mg / Iron: 1mg / Potassium: 279mg

What is the connection between food and love?

Our brain is where our dopamine system is. It rewards us with feelings of pleasure. The dopamine system becomes active in a person when they look at someone they love, or at a favorite food. So in our brains, at least, food really is connected to love and a sense of well-being.

love FACTS

- About 145 million Valentine cards are given in the US each year
- Candy hearts started as medical lozenges in 1847 by Boston pharmacist Oliver Chase. He later founded Necco Candy Company
- Valentine's Day is the preferred time to get engaged
- “Experience” gifts are becoming more popular than traditional ones
- Americans spent \$886 million on Valentine's gifts for their pets in 2020



Just one of the crafts created at the TRD Grant Craft Group

JODI'S STORY

February is American Heart Health Month. There was a time when I did not think much about that. However, that all changed at the end of 2007 when I went in for a routine doctor's appointment.

At that appointment, the doctor heard a murmur. He said it was likely nothing to worry about but sent me for an echocardiogram anyway. At the echocardiogram, the technician said it was likely nothing as murmurs are quite common. Then I got the call telling me that my tricuspid valve in my heart was deformed and was actually a bicuspid valve.

Over the years, the change in pressure at this spot in my heart had created an aneurysm (stretching of my heart muscle) and that I would need to be under close observation until the time came that it stretched enough to warrant surgery. I needed to limit what I was lifting as this could cause the aneurysm to burst. If the aneurysm burst, that would be the end for me as there would be nothing the doctors could do to save me.

Eight months after starting at The Right Door, in December 2016, the aneurysm grew enough that I had to undergo open heart surgery. As scary as that thought was, it was still less scary than having the aneurysm burst.

The surgery went well, and after eight weeks off I was back to living life with no restrictions.

If I had not gone to that appointment, and if I had not followed through with the echocardiogram, my story would be very different.

Do your research. There are ways to decrease your chances of heart disease. For one, make sure you go to appointments and if you are having any of the signs and symptoms, see a doctor. Also, know your blood pressure, get tested for diabetes. If you have signs, stop smoking or never start, know your cholesterol numbers, make healthy food choices, limit alcohol and find ways to manage your stress.

Whatever you do, do not ignore the signs. Taking control of my health kept me from becoming a statistic. Make sure you do the same.



HEART STATISTICS

- Heart disease is the number one killer of women and men
- Some 697,000 people died in 2019 .
- One out of every five women and one out of every four men die from heart disease.
- One person dies in the United States every 34 seconds from cardio vascular disease.
- Most heart attacks happen on Monday and in the morning.
- Dental hygiene reduces heart attacks/strokes by 50 percent.

SIGNS AND SYMPTOMS

- Jaw pain
- Left arm or neck pain
- Shortness of breath
- A feeling of impending doom
- Increased or decreased heart rate during exercise or activity
- Spike in heart rate when you stand up
- Irregular heartbeat
- Heart skips or misses a beat

Sources: American Heart Association, Centers for Disease Control and National Institutes of Health

Jodi Mohr,
FINANCIAL SUPPORT SPECIALIST,
Ionia County FSS Coordinator,
The Right Door

Pictures left to right:

- 1) *Convalescing with my dog DayZ pictured here with my heart pillow*
- 2) *Me, six weeks after open heart surgery*
- 3) *My family whom I am lucky enough to be here to still watch them grow*

Foods That Help Prevent Heart Disease

According to Howard University, Web MD

FRUITS AND VEGETABLES like avocados, black beans, edamame or soy beans are nutrient rich to help your heart health. Just a cup of edamame has eight grams of fiber which equals four slices of whole wheat bread without all the bad carbohydrates and sugars.

Garlic is a vegetable that belongs to the onion family and is used more to spice food than as a vegetable. It has been used as medicine for centuries lowering blood pressure and cholesterol.

Sweet potatoes are lower on the glycemic index than white potatoes so they will not cause a quick spike in blood sugar. They are high in fiber, vitamin A and lycopene. You can boost their natural sweetness with cinnamon or lime juice instead of using sugar.

Blueberries and **cherries** contain anthocyanins which are blood vessel helping antioxidants. They can be pored in cereals, yogurts, pancakes and muffins or pureed in sauces. Likewise **pomegranates** have antioxidants that help keep your arteries clear. Lycopene, found in **tomatoes** (*which are considered fruit too*), cut the risk of heart disease although how it works is not clear.

Oranges have cholesterol fighting fiber called pectin, and have potassium which helps control blood pressure.

Folate is another nutrient found in leafy greens like **spinach**, **lentils**, **lima beans** and **asparagus** which cut the risk of heart disease. Besides spinach, there are other greens full of vitamins, minerals and high in nitrates to help open blood vessels so oxygen rich blood can reach your heart. They are **arugula**, **Bok choy**, **lettuce** and **mustard greens**. **Swiss chard** is another rich in potassium, magnesium and Vitamin A which controls blood pressure.

Sterols and stenols are found in fruits and vegetables like **Brussel sprouts** and **olive** and **vegetable oils** and block your body from absorbing cholesterol. Other sources are found in nuts like **almonds** and **peanuts** as well as **seeds**, **yogurt** and **orange juice**.

Lastly, **tofu** is a great form of vegetarian soy protein with heart healthy fiber and polyunsaturated fats. Since tofu takes on the taste of spices, it is used in soups, stir fries and sauces. It is also tasty if marinated and grilled.

WHOLE GRAINS are full of fiber. **Barley** is a nutty replacement for rice in soups and stews to lower both blood sugar and cholesterol. **Oatmeal** does the same, fills you up for hours and fights off snack attacks. **Flaxseed** has three things good for your heart—fiber, omega 3 fatty acids and phytochemicals called lignans. Add ground flaxseed to cereals, baked goods, yogurt or mustard on a sandwich.

FISH like **tuna**, **mackerel**, **salmon** and **sardines** are packed with omega 3 fatty acids which lowers blood pressure. Two servings a week are recommended with tuna having the most omega 3.

RED WINE AND GREEN TEA both have antioxidants and chemicals called catechins that protect artery walls and boost HDL which is the good cholesterol.

And in conclusion, **NUTS** like **walnuts** and **almonds** are packed with healthy fats and fiber to also lower cholesterol.



THE TOP FIVE CARDIOVASCULAR DISEASES:

1. Heart Attack or Myocardial Infraction

2. Stroke

3. Heart Failure

4. Arrhythmia—which is faulty signaling causing the heart to beat too fast (**Tachycardia**), or too slow (**Bradycardia**), or irregularly

5. Heart Valve Complications

If you feel your heart is beating too fast, too slowly, or it is skipping a beat, make an appointment to see a doctor.

Seek immediate medical help if you have shortness of breath, weakness, dizziness, lightheadedness, fainting or near fainting, chest pain or discomfort.

Call 911, begin CPR and/or use an Automated External Defibrillator (AED), if one is nearby, if a person collapses and has had a dramatic drop in blood pressure. The AED will tell you what to do.

Our days are happier when we give people a piece of our heart instead of a piece of our mind.



DUAL CONNECTIONS

The most common causes of both heart disease and strokes or CVAs (Cerebrovascular Accidents) are high blood pressure and high cholesterol. High blood pressure is a leading cause because it damages the lining of the arteries, making them more susceptible to the buildup of plaque, which narrows the arteries leading to the heart and brain. Other causes for both are smoking or smoke exposure, obesity, unhealthy diet, physical inactivity and diabetes. Adults with diabetes are twice as likely to have heart disease or a stroke since two out of three have high blood pressure, raised triglycerides and higher LDL (bad cholesterol). Those connections when addressed are why they say, **"What is good for the heart is good for the brain"**.

HEART/STROKE RESOURCES

American Diabetes Association	800-342-2383
American Heart Association	800-242-8721
American Stroke Association	800-4-STROKE
Centers for Disease Control	800-CDC-INFO
Health Line	800-232-4636
Mayo Clinic	800-446-2279
Medical Emergency	911
MI RX-Drug Discount Program	888-367-6557
For Low Income	
National Institutes of Health	301-496-4000
Has 27 Departments	
-Heart, Lung and Blood Info	301-592-8573
-National Institute of Diabetes and Kidney Disease Health Info	800-860-8747
-Oral Health	301-402-7364
-Stroke	800-352-9424
The Right Door	616-527-1790
Sparrow Ionia Hospital	800-237-2537
	616-523-1400

ChooseMyPlate.gov for healthy eating tips

www.nia.nih.gov/Go4Life for everyday fitness ideas from the National Institute on Aging

For a Complete Listing of All Ionia County Resources:

<http://www.mclaren.org/mclaren-physician-partners>

7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:

- Live smoke-free.** If you smoke, quit.
- Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
- Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
- Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
- Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
- Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
- Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

STROKE AWARENESS

KNOW THE FACTS



WHAT DOES A STROKE FEEL LIKE?

- ▶ **A DROOP** on 1 side of the face
- ▶ **DIFFICULTY LIFTING** 1 arm to its full height
- ▶ **SLURRED SPEECH** or difficulty with talking
- ▶ **IMPAIRED VISION** in 1 or both eyes
- ▶ **VERTIGO**
- ▶ **DIFFICULTY WALKING**

- F FACE:** Ask them to smile. Does 1 side look like it's drooping?
- A ARM:** Instruct them to raise both arms. Does 1 arm drift downward?
- S SPEECH:** Ask them to say something. Does it sound strange?
- T TIME:** If you observe any of these symptoms, call 911 immediately.



On average, a person dies from a stroke **EVERY 4 MINUTES**.

795,000 Americans have a stroke each year. **160,000** die from stroke-related causes.



3 THINGS TO DO IF SOMEONE IS HAVING A STROKE

- 1 **CALL 911** immediately.
- 2 **NOTE THE TIME** you first see symptoms.
- 3 **PERFORM CPR**, if necessary.

3 THINGS NOT TO DO IF SOMEONE IS HAVING A STROKE

- 1 **DO NOT** let them go to sleep or talk you out of calling 911.
- 2 **DO NOT** give them medication, food, or drinks.
- 3 **DO NOT** drive yourself or someone else to the emergency room.

ABOUT OUR TRD GRANT EVENTS

Julie Dowling

Director of Outpatient and Special Services

The Right Door for Hope, Recovery and Wellness secured a grant for FY23 to assist promoting health and wellness related activities for adults diagnosed with Severe and Persistent Mental Illness (SPMI). This grant is an extension of the grant The Right Door has had for several years through Med Services that focused more on medical interface and interventions versus the FY23 grant which is peer focused.

We hosted a focus group of interested adults with SPMI during September 2022 to assist us in identifying what groups they would benefit from that are related to wellness, self-management of health issues and health advocacy. We anticipate serving 200 unique individuals through the FY23 grant.

SOME OF THE GRANT OUTCOMES ARE:

OUTCOME #1: Expansion of peer led opportunities for persons served that focus on overall wellness, including individual and group interventions for the purpose of educating, promoting self-management and self-advocacy. A minimum of 12 peer led group interventions focusing on a variety of topics related to wellness will be held monthly.

OUTCOME #2: Peers will be available to persons served who are looking for a health partner to attend medical appointments with them to assure their medical needs are addressed.

Shelly Hanses and Rob Weiland are receiving training to become a health partner with Community Health Worker Certification. Peer staff will attend medical appointments as requested by persons served to support them in communicating more effectively with their provider(s).

OUTCOME #3: Persons served by peer support specialists will receive a screening related to social determinants annually (or more) to determine areas negatively impacting the person accessing health care and wellness activities. Each person assigned to peer support services will receive a screening to assess the status of social determinants annually. Social determinant screening will be reviewed to determine barriers related to the wellness of the person served, and these will be shared with the treatment team in the person centered planning process.

Should you have any questions about the grant, please check with a peer who will gladly assist in finding answers.

'There are seven dimensions of wellness: mental, physical, social, financial, spiritual, environmental and vocational. These dimensions are interdependent and influence each other. When one dimension is out of balance, the other dimensions are affected. Our groups help with overall wellness.'

Shelly Hanses, Peer Support Specialist



The Right Door



Belding CBT Depression Group

Ongoing, Fridays 10-11am, Zoom

Cooking Group

Grant Group, February 8, 22, 5-6:30pm, Ionia

Craft Group

Grant Group, February 9, 23, 10-11am, Ionia

Adult DBT

Ongoing, Mondays, 1pm, Ionia

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia

Euchre

Grant Group, February 1, 15, 12:30-3:30pm, Commission on Aging. Cost \$1

Family Psychoeducation

Saturdays, 10am, Ionia

Grief and Loss

Wednesdays, January 11 for 10 weeks, 10am, Ionia

Grant Events/Integrated Healthcare

Ongoing Grant Groups, Fridays, Noon, Ionia. February 3, Spoons, February 10, Luncheon, February 17, Express Yourself Artwork, February 24, Health Matters

Men Supporting Men

Ongoing, Tuesdays, 2-3pm, Ionia

Seeking Safety Group

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

Social Hour

Grant Group, February 8, 10-11am, Bluewater Café, February 22, 1-2pm, Mooville

Walking Group

Grant Group, February 7, 14, 21, 28, 1:30-2:30pm, Ionia Armory

Women's Support Group

Ongoing Grant Group, Every other Thursday, 1-2pm, Portland

Yoga Group

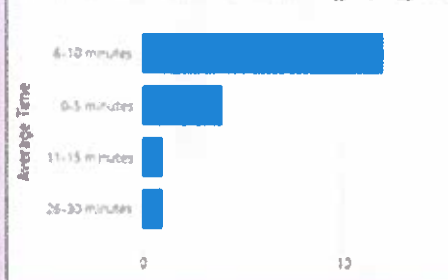
Grant Group, February 1, 15, 9-10am, Ionia



—Last year a 15 year old who was receiving services four days a week at TRD, had anxiety, depression and no friends. The youth has worked hard and is discharging, has friends and has not one, but two jobs!

—Peer Recovery Coach, Patricia Wentworth is thankful that the Integrated Health Grant has been successful and uninterrupted throughout COVID. What began in person years ago, went to zoom, back to in person at the agency with restrictions and is now back to meeting in person at TRD and in public places!

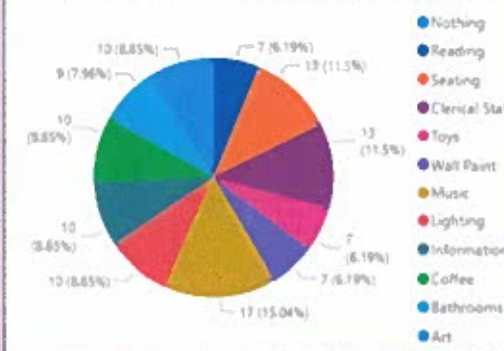
Average amount of time a consumer spends in the lobby



If you spend 30+ minutes in the lobby, is it by choice or service provider?

Depending on when I get here which is usually 30 minutes before appointment
my kid go here
not early

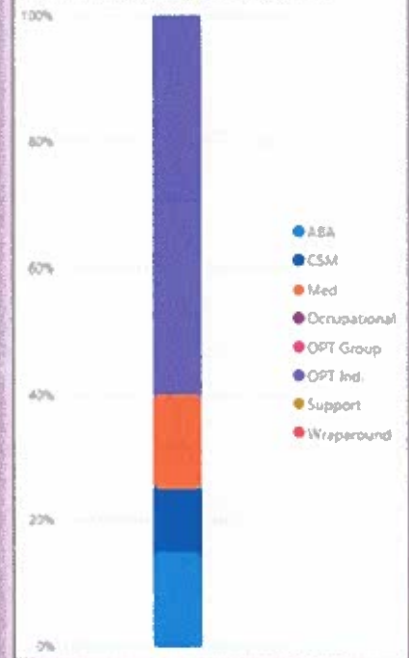
The things that make me feel comfortable in this lobby are:



I would like to recommend the following ideas to improve this lobby location:

everything is great
I love the music that they play and it is always clean
none
Nothing. This place is very friendly, calm, and cozy and I feel safe!

I receive these services at this lobby:

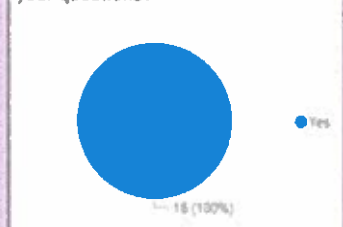


Was the receptionist courteous and helpful?



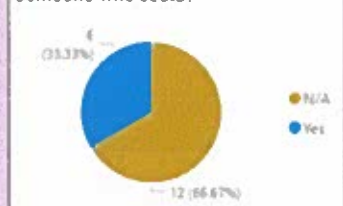
Additional Comments
each person I speak with is nice and informative
I love the front desk staff always so nice and helpful
she is lovely

Was the receptionist able to answer your questions?



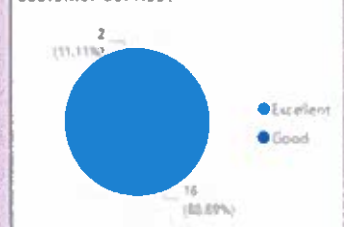
Additional Comments
more-so when I had the first visit. They were able to help and walk me through everything
of course

If the receptionist couldn't address your need, were you directed to someone who could?



Additional Comments
Always pointing me in the direction I need for further assistance

Overall where would you rate the customer service?



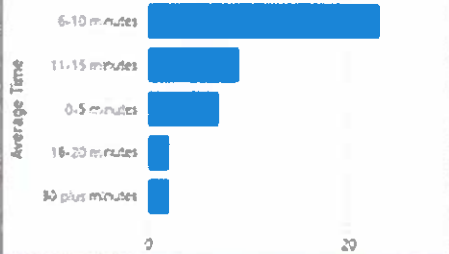
Additional Comments
5 star
Always welcoming with a smile
Amazing people here all around!

With it being Low Vision Awareness Month, take care of your eyes

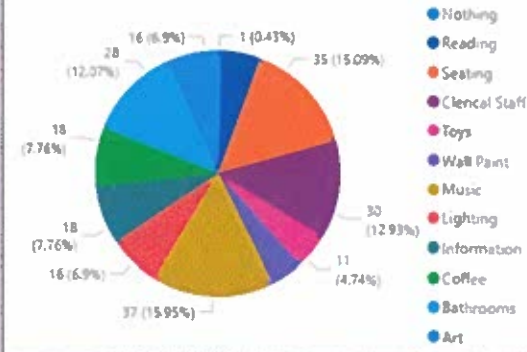
- By scheduling an eye exam
- Limit your digital screen time to two hours a day
- Or if you can not, practice the 20-20-20 rule where you look away every 20 minutes, or look at something 20 feet away for about 20 seconds

- Change the lighting around you to reduce glare on the screen so your eyes do not have to work harder
- Adjust your screen resolution so images are clear and there is less eye strain
- Try massaging the area around the eyes to soothe them
- Make sure you have good light when you read

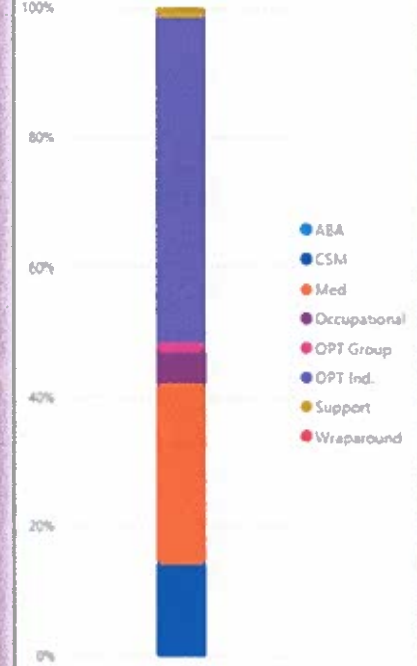
Average amount of time a consumer is in the lobby



The things that make me feel comfortable in this lobby are:



I receive these services at this lobby:



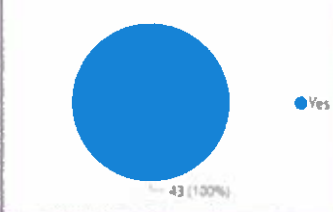
If you spend 30+ minutes in the lobby, is it by choice or service provider?

almost always by choice
by choice because of child's appointment length
I arrive early.
I come in early
I did have one time I waited too long- I ended up leaving.
I get here early on purpose
I like to come early
I like to get here early.
If I do it's because I'm early showed up early. I show (try) to

I would like to recommend the following ideas to improve this lobby location:

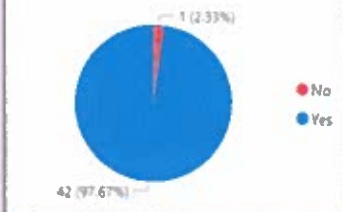
creamer for coffee?
Do not need improvements very comfortable
don't drink coffee
Everything are good nice and clean
I don't think it needs change
I think it ran very good I don't think anything need to change.
-if any more art

Was the receptionist courteous and helpful?



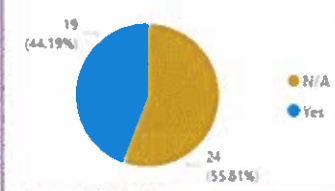
Additional Comments
always
always cheerful
Everyone at this location has always been very kind and helpful
I am always greeted with an open, warming feeling and a smile.
she was a nice woman
The receptionist is always friendly and courteous.
The receptionists are always courteous and helpful.

Was the receptionist able to answer your questions?



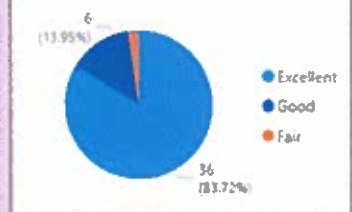
Additional Comments
always any questions.
I didn't have any questions
When I have any

If the receptionist couldn't address your need, were you directed to someone who could?



Additional Comments

Overall, where would you rate the customer service?



Additional Comments
Could not ask for anymore help friendliness they are great.
friendly and helpful staff
had a miscommunication, missed my appointment, no messages was sent to remind me like I have i set up to be