



The right Connection

July 2022

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 W. Bridge Street
Portland, MI 48875
517.647.2128

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

EMAIL:
www.rightdoor.org



myStrength
The health club for your mind™

MED LINE: 616.775-1023
Please allow 72 hours for refills

Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

MED SERVICES APPOINTMENTS:
Please arrive 15 minutes early for your appointment. Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thank you.



With rising prices at the gas pumps and grocery store, how do you plan to spend your summer?



Many will be spending the days closer to home. But that does not mean your fun—or your family's—has to be limited. Instead, check out some of the suggestions for staycations as well as ways to cut prices with gas and groceries in upcoming pages.

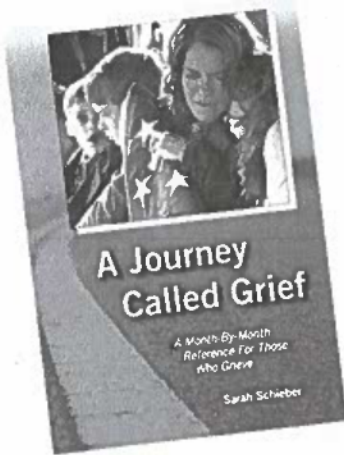


Regardless of what you do, just make sure you enjoy it, the great outdoors, the weather and the company!



Member of:





BOOK REVIEW

By Sue Ferris, Newsletter Editor

A friend of mine gave me a book written by 33 year-old mother of three, Sarah Schieber. She is a Midland, Michigan native who lost her husband while running a marathon. As a month by month reference for those who grieve, I thought I would find some kind of outline as to what to expect, or gauge where I was in the grief process. While I could relate to some

of the author's feelings I realized each person's grief is different; so is their timeline.

While Schieber's story makes mine pale in comparison, her ministering was a little over the top for me. I came away from reading this with little change in knowledge of grief but an appreciation for her experience and for skill in telling a story.

Dealing With Your Grief

By Kelly Baltzell M.A. and Karin Baltzell Ph.D.

Rituals honor a loved one who has died. They give meaning and richness to your life, enhance memories and help with healing while providing peace and hope.

1. **LIGHT A CANDLE:** A candle lit and placed in a window or by a special chair can be a symbolic form of love's light continuing.
2. **PLANT A TREE:** A tree planted in your yard or favorite place your loved one liked to visit gives a constant, growing reminder of the continuation of life.
3. **WRITE IN A JOURNAL:** Buy a special book for journaling so you can express yourself by recording feelings and releasing grief. It is secret, safe and healing.
4. **MAKE A MEMORY BOX:** Decorate a small box with items that hold memories. Inside put reminders of your loved one.
5. **PLANT FLOWERS:** Planting favorite flowers in your yard or at the burial site create beauty, bring peace, help heal and leave a lasting remembrance.
6. **TELL A STORY:** On holidays share a story of your loved one that had impact and meaning to you. Stories help treasure memories and pass on important messages to others.
7. **ESTABLISH A SCHOLARSHIP:** By giving money to a local school in the name of your loved one, you can see pay the joy forward.
8. **LISTEN TO A FAVORITE SONG:** Music helps heal pain that normal words do not touch.
9. **GIVE TO A CHARITY:** Make a donation to your loved one's favorite charity as a ritual of healing.
10. **CELEBRATE WITH A MEAL:** Make your loved one's favorite dinner, invite friends, share pictures and stories to celebrate their life.
11. **SHARE STORIES WITH CHILDREN:**
12. **VOLUNTEER YOUR TIME:** To a cause that held special meaning for your dear one, dedicating service in their memory.



JULY

- July 4 Independence Day
Happy Birthday America!
- June 15 **The Right Door Grant Event,** Sessions Lake swim and picnic, 11am-1pm, lunch provided
- July 24 International Self Care Day
- July 29 **TRD Grant Event,** Healthy Eating Choices by Sparrow staff, *noon*, TRD

Month Long Awareness & Observances:

- Eye Injury Prevention Month
- Family Fun Month
- National Fireworks Safety Month
- National Make a Difference to Children Month
- National Minority Mental Health Awareness
 - National Parks and Rec Month
 - Purposeful Parenting Month
 - Social Wellness Month
- Vehicle Theft Protection Month



B A S H

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

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

If you go to school in, or live in Ionia County register by calling Julie Dowling
(616) 822-1151

Before August 3rd



Gas Prices Giving You a Headache?

Here are some ways to save at the pumps.

1. **Buy at the right time.** Gas is usually highest priced on weekends so buy through the week when it costs less. Also, make your purchase in the early morning when it is the coolest outside so you get more fuel for your money. Later in the day, with the heat beating down on the gas reservoir at the station the gas molecules expand so you are actually paying for less gas!
2. **Keep track of the best prices in your area.** Since gas prices fluctuate from area to area, download an app to track costs locally.
3. **Find a fuel rewards program.** Some stations offer rewards or loyalty points to repeat customers. Or, if you use their credit card—like Meijer—you get cents off each gallon.
4. **Join a wholesale club,** like Sam's, where you can save on bulk household items, but also on gas. You pay a small fee up front to become a member but save that in a few trips to their pumps.
5. **Fill your tank all the way** when prices are low versus putting in a few dollars and then refueling when prices rise.
6. **Pay for gas with cash.** Some gas stations offer a discount up to 10 cents off per gallon when you do not use a credit or debit card as the station pays a small user fee per carded transaction.
7. **Limit your travel when you can.** Instead bike, walk, car pool, use public transportation when possible to use your car less. And when you travel for vacation, make it a smaller radius of say 50 miles away versus a lengthier, extended trip.
8. **Plan your regular trips more effectively.** Learn to multi task and combine many errands instead of jumping in the car every time you need something.
9. **Avoid letting your car idle** as it wastes gas.
10. **Slow down** since accelerating at a fast pace eats gas.
11. **Use cruise control on highways** to efficiently use gas.
12. **Limit the air conditioning** as it too uses more gas.

Most of us like to travel or vacation in the summer months when the weather is great. The fact is vacations can be costly. Now with prices rising at the pumps and in the grocery store, what can you do closer to home to turn that vacation into a summer staycation?



Currently on STAYCATION

BENEFITS

MINIMAL EXPENSES
NO JET LAG
NO PACKING
QUALITY FAMILY TIME
REDISCOVERING
HOMETOWN

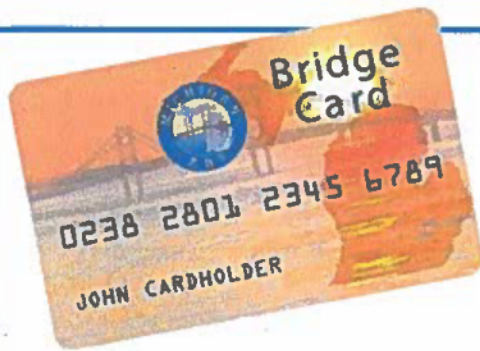
No matter what our age, friends and family make everything better so plan on visiting them or inviting them or your neighbors over for backyard games like horseshoes, washer toss, ladder ball or a cornhole tournament. Add some music and food and it is a party! Perhaps it is the great barbecue cookoff, a smoker challenge or Blackstone recipe sharing. Maybe you have a neighborhood block party, potluck or street dance. It could even be backyard glamping on a holiday weekend. But it will be fun!

Anything outdoors is also better in this weather like crafting, side walk chalking and bubble blowing to picnics and playing indoor games and cards out on the patio table under an umbrella or shade tree on a hot lazy afternoon. It could be making frozen yogurt or homemade ice cream, geo caching, a scavenger hunt, photo contest or your version of 'Survivor'. Or maybe it is fun in your yard at night where you roast 'weenies', make hobo pies or enjoy smores over a fire. Maybe you watch movies outdoors, play night tag, hide and seek or scare the kids in their tent camping out. It is all in your mindset whether and how, you make it memorable.

Maybe you are more active with your spouse, kids or pets playing Frisbee, fetch or catch, going for hikes on local trails, going to parks, zoos, biking, roller blading or skating. It could be training, exercising and entering a 5K.

Add water to anything. Gardening can be turned into sprinkler hopping, water gun fights, water balloon tosses, slip and slides. Maybe you invest and frolic in an easy set backyard pool since some are reasonably priced. Or it could be swimming, fishing, boating, kayaking, or canoeing at one of our county lakes or state parks.

You could venture close to home finding treasures at flea markets, garage sales, antique stores or auctions. Or learn something through summer camps, church and library programs where student and senior rates apply. Perhaps it is a matinee at the theater on a hot day at a low price, or a visit to museums, Meijer gardens, or venturing to local events like art in the park or fairs and festivals which everyone seems to have. Google **local events and staycations** for more ideas. And ask your family to help brainstorm ideas for a staycation of fun.



EBT...More than just Food Benefits!

Did you know...? You can use EBT benefits for discounts, or even FREE admission to several places around Michigan, simply by showing your Michigan EBT or WIC card!

By **Alexandra Doty**, Peer Support, The Right Door

Places to Check Out This Summer

-Frederik Meijer Gardens and Sculpture Park

-Grand Rapids Children's Museum

-Impression 5 Science Center; all of the above get an EBT/WIC discount for \$2 admission per person

-Urban Institute for Contemporary Arts; free membership opportunities. Call for info.

-John Ball Zoo; up to nine free household memberships!

-Hanulcik Farm, U-PICK strawberries, peaches, apples, EBT accepted.

-Bird's Berry Farm in Belding accepts coupons from Ionia County Commission on Aging.

Internet savings and More!

-Comcast offers internet for \$9.95 a month for Michigan EBT cardholders. You could also qualify for a low cost computer for \$149!

-AT&T offers discounts for EBT and seniors.

-Amazon Prime Membership is 50 percent off for EBT cardholders.

Check out lowincomerelief.com for more information about other offers, money saving discounts and more!



Unlike rent or bills, food is a required expense that is not fixed. It can vary from month to month, season to season and store to store.

Sources: AARP, Dave Ramsey, Money Matters, Smart Savers

HOW TO SAVE MONEY ON GROCERIES

- **Redefine dinner.** Your family will survive on simple meals to make your groceries stretch like subs, breakfast for dinner, fajitas...
- **Keep a running tally** of what is in your cart so there are no surprises at the cash register. Know how much you have to spend by using cash.
- **Make a meal plan** and stick to the grocery list.
- **Shop in season** and what is on sale to get best deals. Maybe grow your own in a garden.
- **Do not shop when hungry** or you will buy more.
- **Leave over spenders at home.** Your spouse and kids will add items to your cart you would not buy normally.
- **Do not buy more than you need** even if it is a deal or you have a coupon.
- **If you buy it, use it!** Nothing is worse than finding food gone to waste in the back of the fridge.
- **Use apps on your smartphone** for coupons for items on your list or in your store...rebates from Ibotta, Receipt Hog, Checkout 51 and Fetch Rewards; coupons from Coupons.com, SmartSource.com and RedPlum.
- **Use coupons and bottle returns** to cut costs on items only on your list.
- **Sign up for store discounts** and loyalty programs like Meijer mPerks to use online/instore discounts.
- **Shop the outside aisles of the store.** The inside aisles are usually made up of processed food that can derail you diet and budget. The outside aisles usually house fruits, vegetables, grain, meat and dairy. Cook more from scratch.
- **Preserve and store away.** When fruits and veggies are in season, buy in bulk and preserve for winter. Even though you may spend more at harvest on quantity, the price you save in the winter when those items are harder to find and cost more than make up for it.
- **Buy meat when it is on sale and vacuum seal** or freeze in smaller, meal size quantities in freezer bags.
- **Eat healthier reducing portion size** or go meatless once in awhile since meat is pricey.
- **Buy non-perishable items in bulk.** Or buy generic.
- **Pre-cook or meal prep for the week** if possible freezing meals for busy days. Eat leftovers too.
- **Tap government programs** like SNAP (food stamps), EBT/ WIC, The Senior Box Program, Double Up and some Medicaid plans which provide cash for food/health items

COMMUNITY RESOURCES



CITY of BELDING

AA Meeting, Monday/Wednesdays 7pm, Saturday 11am, Museum Basement
Belding Community Activity Learning Services, Thrift Store in Belding United Methodist Church basement, Wednesday to Friday and first Saturday each month, 10am-6pm. Helping special needs adults gain work and social skills plus a job
Alvah N. Belding Library, Main Street, (616) 794-1450
www.alvahnbeldinglibrary.org



CITY OF IONIA

Families Against Narcotics Ionia/Montcalm, (616) 214-6128 www.familiesagainstnarcotics.org
Ionia Community Library, Main Street, (616) 527-3680 www.ioniacommunitylibrary.org
Ionia County Commission on Aging, Hudson Street, meals on wheels and to go, senior activity classes, county commissioners and airport meetings (616) 527-5365
Ionia Substance Use Disorder Clinic (Samaritas), (833) 720-WELL www.samaritas.org/sud
Ionia Theater, 205 W. Main. Movies daily; matinees Tuesday and Saturday. Two theaters (616) 527-3860
Michigan State Extension, Ionia. 4-h virtual programs for youth 5-19; adults, seniors, money and wellness programs. <https://www.canr.msu.edu/ionia> (616) 527-5357
Rails to Trails, trails and maps, Ionia County, www.trailink.com.FindTrails.Michigan
River's Edge Drop In Center, 302 East Main. Community based program with recovery focused services, groups and activities for adults with mental illness diagnosis. Wednesdays 10am-4pm (616) 522-9773
Routine Immunization Clinic, Monday and Wednesdays. Tuesday Covid vaccines and Thursday Walk in Clinic for immunizations and Covid vaccines, by appointment only at the Ionia County Health Department, Adams Street (616) 527-5341 select 3
Monday, Wednesday, Thursday, Positive Solutions, Informed Choices, 330 Lovell Street. Free pregnancy tests, educational classes on pregnancy, newborn care and parenting. Free boutique with maternity/preemie to 4T. Online www.PSIClonia.org (616) 755-6077
Tuesday, Wednesday, Saturday, The Christian Service Center, Depot and Washington. Tuesday 9am-noon and 1-4pm; Wednesdays and Saturdays 9am-noon. (616) 527-1530
Tuesday-Food Pantry/Clothing Closet, 9:30-1pm, Ionia Seventh Day Adventist Community Service Center the 3rd Tuesday each month. ID needed (616) 527-6465
Mobile Food Pantry, 2nd Tuesday each month, 4pm, church parking lot (616) 527-1910
RAVE Emergency Shelter, for women and children, (616) 527-3351
Soaring Above, for teens, 318 S. Jefferson Street (616) 523-4570
Wednesday-Zion Food Pantry, 2-4:30pm, using drive thru method at 423 W. Washington
Thursday-Al-Anon Meetings, 7pm, Zoom, Sandi (616) 255-3751 or Joy (616) 901-7779

LAKE ODESSA

Monday Alanon Meeting, 10-11 am Lakewood United Methodist Church (616) 575-8000
Lake Odessa Community Library, 4th Avenue, (616) 374-4591. Tuesday-Friday, 12-1pm, FREE Feeding America summer meals for youth 18 and under; Tai Chi Tuesdays 11:30am, Family Story Time Wednesdays 10:30am, Teen Summer Learning Program (6th-12th grade), Thursday 2pm, Always in Motion, physical fitness with James for adults, Saturdays 10-11am www.lakeodessalibrary.org
Monday, Bingo, first and third weeks, 6pm, VFW Hall (616) 374-7075
Monday and Thursday-AA Meetings, 7pm, St. Edwards Church, Robert (616) 902-9001

LYONS-MUIR

Lyons Township District Library, Bridge Street, (989) 855-3414. Story time Wednesday, Book club third Thursday of month, Writer's group first Thursday. www.lyonsmichlibrary.org

PORTLAND

Portland District Library, Kent Street, (517) 647-6981 www.pdl.michlibrary.org
Portland Community Food Bank, 9am-noon, Monday and 4-6pm Thursday, Portland United Methodist Church, Bridge Street. Portland school district welcome
Portland Senior Center, Monday, Bingo 6pm, Tuesday and Thursday, Euchre, 1pm Friday, Bingo, 9:30 am (517) 647-4004
Wednesday - Al Anon Meeting, 10am, Portland First Congregational Church, masks required
Thursday-Tops, (Take Off Pounds Sensibly), 6:30-8pm, Portland Apartments. (517) 647-2025

SARANAC

AA Meeting, Friday 8pm, Community Church
Thursday Food Pantry, 1st and 3rd Thursdays, 2-4pm, Saranac Community Church, Saranac-Clarksville. No appointment needed. (616) 642-6322
Saranac Clarksville District Library, Bridge Street, Saranac (616) 642-9146 www.saraclark.michlibrary.org
SAMS Practice (Saranac Area Musicians and Singers), 6-7pm Choir, 7-8 Band, High School Band Room. Anyone welcome. (616) 902-7237





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

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



ABA

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

Express Yourself

Earn \$50

Create and send us your artwork reflecting your experience with the Juvenile Justice System in Ionia County by 5pm, July 28. It can be a painting, drawing, a story, poetry, writing, a song, lyrics or photos. **Must be able to showcase at The Right Door September 9.** Up to 10 people will win \$50. **Drop or mail to 375 Apple Tree Dr., Ionia 48846**

Coordinator Seminars

The Right Door Care Coordinators have put together summer monthly resource meetings!

July 21

PACE Program Info

<https://www.medicaid.gov/medicaid/long-term-services-supports/pace/programs-all-inclusive-care-elderly-benefits/index.html>

No Cost

13th Annual Anti Stigma Day

Virtually

July 28, 9am-4pm

Free

Deadline to register: **July 21**

More info: **Anne Wilson, CMHA**

517.237.3153

Survivors of Domestic Violence

Outreach Group

Mondays at 2pm

Google Meet Up

To support, encourage and share experiences promoting healing, mental stability and coping skills

Facilitator: **Gretchen Edwards,**

gretchene@raveim.org

YOUTH SUPPORT GROUP

Soaring Above Teen Center

Every other Tuesday at 6:15pm

Ages 13-20

Free support group to promote healing after trauma, sexual violence,

LIVING WITH PAIN

July 28, 4:30-5:30pm, zoom for 6 weeks

Contact: **Nurse Jessica 616.527.1790**

PARENTING THROUGH CHANGE

Parents/Caregivers kids with SED diagnosis

Referrals till July 8, 10 weeks

July 19, Tuesdays 5-6:30pm

SEEKING SAFETY GROUP

Saturdays 10-11:30 via zoom

Summer Training Calendar

- **CPR AED & First Aid**

July 14, August 11

8am-noon or 1-5pm

Class of six

- **Person Centered Planning,**

July 14,

10-12pm

September 22, November 10

10-11:30am

12 max

- **Recipient Rights**

July 7, August 2

1-4 pm,

Class of 12

RR Refresher Course, zoom only

<http://www.rightdoor.org/for-providers/training/recipient-rights-training-refresher-course.html>

- **Working With People in Residential**

Settings

August 11

10-12pm, 12 max

Training Resource Updates

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

www.ImprovingMIPractices.org

You can locate the following training links from our website:

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

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

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

SLEEP ZZZ ZZZ ZZZ

July 12, 4:30-5:30pm zoom for 5 weeks

Contact: **Nurse Taylor 616.527.1790**

***Does not meet July 26**



groups

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

FUN SOLUTIONS

Social Skills Building for Children 8-14

on Autism Spectrum 12 weeks

May 16, Tuesdays 4-5:30pm, Rotating locations

STRESS LESS

Mondays 10-11am LIVE in Portland

New group starting after July 4th

Referrals to start **ANGER MANAGEMENT, July 18, Mondays 6pm, zoom**

Contact Your Primary Clinician