

**FREE**

Winter  
2015

# NORTH IDAHO FAMILY MAGAZINE

TM

*Now in its  
16th year!*

## **INSIDE:**

**Healthy Kombucha**

**Summer Camps Guide**

**Education Opportunities *Part 3***

**25 Fun things to do  
with kids this winter**



[www.nifamily.com](http://www.nifamily.com)



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~A Free Public School~**

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applications for the 2015-2016  
school year, K-10th grade**

**Priority deadline for Lottery:** February 28th, 2015

**NORTH IDAHO STEM  
CHARTER ACADEMY**



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Engineering Math**

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**www.STEMCHARTER.org**



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Email: [sales@nifamily.com](mailto:sales@nifamily.com)

## ACKNOWLEDGEMENTS:

Cover photo of Anderson Smoot courtesy of Kelly  
Cottier Photography.

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TO RECEIVE COMPLIMENTARY COPIES OF  
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Phone: \_\_\_\_\_

# Welcome!

It's been over 16 years since the original group of  
local nonprofits became involved with the North  
Idaho Family Magazine. Through the years the  
publication and its companion website, [nifamily.com](http://nifamily.com)  
have provided:

- Hundreds of local features on things that  
matter to North Idaho families.
- The NICE calendar for charitable events  
planning.
- The North Idaho Family Group for  
organizations that support healthy families,  
and
- Connections through social media.

The North Idaho Family Group, a nonprofit  
marketing and communications coalition,  
continues to support area nonprofits and fulfill the  
important mission of building healthy families and  
lifelong learning in our community.

The Family Group now provides:

- An annual nonprofit service directory
- Resources for event marketing and  
communications.
- Expansion of the lifelong learning mission. See  
pages 4-5 for an update on the Pre-K through  
Career Education Information Center.
- Partnerships with U of I for Nonprofit  
Leadership Certification and Continuing  
Education Units.
- An ongoing, in-depth local look at what's  
important to families through the North Idaho  
Family Magazine.

Enjoy this issue and stay connected with us by  
subscribing by mail or following us on Facebook:

[www.facebook.com/NorthIdahoFamilyMagazine](http://www.facebook.com/NorthIdahoFamilyMagazine)

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### Education Information Center

A comprehensive central location for information about Pre-K  
through career education choices in North Idaho



### Summer Camps

Complete list of camps for kids this summer... best to plan ahead.



### 25 Fun Things to do with Kids

Great ideas for things to make and places to visit this winter in  
North Idaho.



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# Charter School Basics

Excerpt below from [www.sde.idaho.gov/site/charter\\_schools](http://www.sde.idaho.gov/site/charter_schools). Visit this link for more information about Idaho Charter Schools.

- Charter schools are public schools designed by a group of parents, educators and/or community members.
- Charter schools operate under a charter (or contract) between the charter school and its authorizer. In Idaho the authorizer is either a local school district or the Idaho Public Charter School Commission (IPCSC).
- A charter school is a semi-autonomous public school of choice. The local school district will not automatically assign students to the school.
- Charter schools do not charge tuition.
- Charter schools do not receive additional funds from public levies or bonds.
- Parents must apply to charter schools if they choose to enroll their child(ren) in a charter school.
- Charter schools generally have more flexibility than traditional public schools in areas such as curriculum, fiscal management and overall school operations. They may offer an education program that is more innovative than traditional public schools.

## COEUR D'ALENE CHARTER ACADEMY SNAPSHOT:

- 2014's 67 graduates earned \$3.9 million in college scholarships
- U.S. NEWS AND WORLD REPORT ranked Charter Academy #47 out of 19,400 and #1 in Idaho
- THE WASHINGTON POST ranked Charter Academy #66 in the nation in its "America's Most Challenging High Schools 2014"
- Serves 6th - 12th grades
- This year's fundraiser: February 28: Soup & Chili Cook-off

Visit [www.cdacharter.org](http://www.cdacharter.org) for more info.

## NORTH IDAHO STEM CHARTER SNAPSHOT:

- Mission: To provide a challenging learning environment in Science, Technology, Engineering, and Math, which maximizes individual potential and ensures students are well-equipped to meet the challenges in the world around them.
- North Idaho STEM Charter Academy is currently serving K-8, adding 9th grade in 2014. They will be adding 1 grade each year through 12th grade in 2017.
- This year's fundraiser: March 6: Annual Spring Auction

Visit [www.stemcharter.org](http://www.stemcharter.org) for more info.

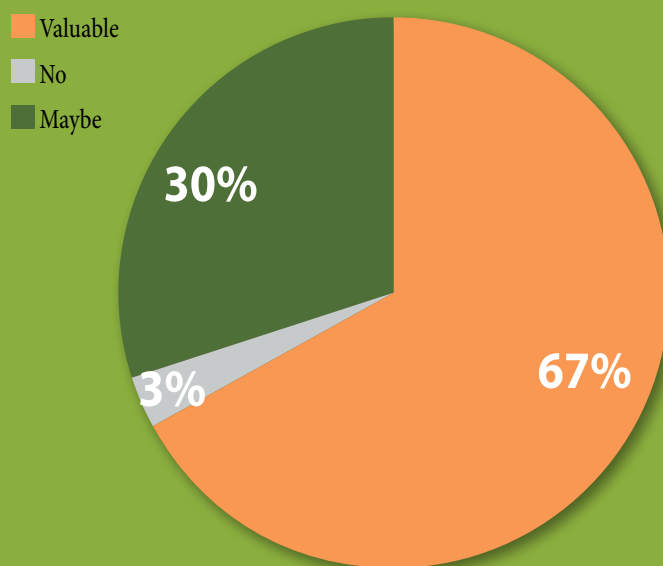
## WEBSITE USER SURVEY RESULTS

A recent survey was conducted concerning the value and community impact of the forthcoming Education Information Center website portal. Survey respondents included educators, family & social service providers, healthcare professionals, business owners and government representatives.

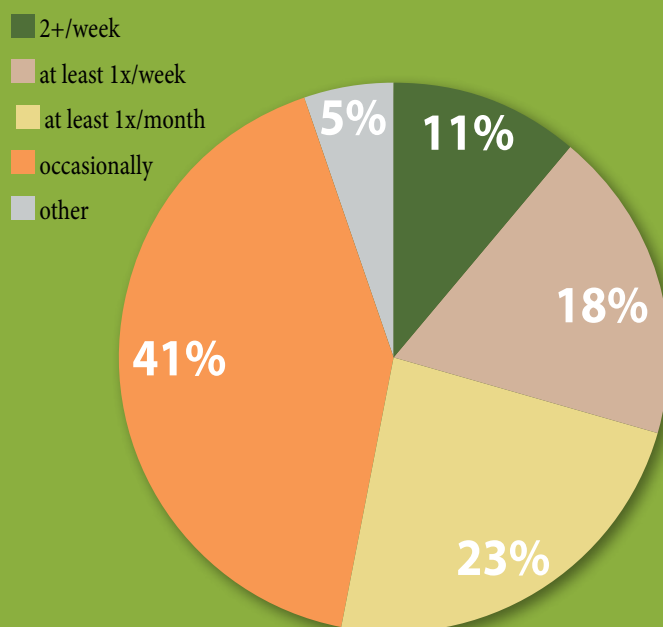
Of the respondents from the education sector, 81% said that the resource would be "valuable to clients, customers or those they serve," with 19% saying they would use it "more than twice per week," 22% would use it "weekly," and 30% would use it "at least once per month."

### RESULTS OF RESPONDENTS ACROSS ALL SECTORS

#### WOULD THIS RESOURCE BE VALUABLE TO YOUR CLIENTS?



#### HOW FREQUENTLY DO YOU ANTICIPATE USING THE RESOURCE:



# Education INFORMATION Center

## MOVES FORWARD WITH ADDITIONAL VISIONARY PARTNERS

The Education Information Center, a new community-wide, comprehensive educational resources website, is on track to launch later this spring with the addition of new Visionary Partners who have recently joined the project. In addition to Knudtsen Chevrolet and Waste Management of Idaho, The Lake City Development Corporation has become a Visionary Partner for the Pre-K – Career Education Information Center. The project has also received commitments from the University of Idaho, Lewis-Clark State College, North Idaho College, and Avista Utilities.

The North Idaho Family Group, Inc., a local nonprofit focused on developing healthy

families and lifelong learning, is launching the new Education Information Center website, which will include educational information and opportunities from pre-kindergarten through career. The 24/7 “one-stop shop” website will provide access to all educational resources including (but not limited to) preschools, religious schools, alternative and homeschool support, trade schools, technical-professional training programs, higher education, workforce education certification, community enrichment classes, and online degree courses. The site provides access to resources only and will not deliver educational programming (such as online courses).

Individuals seeking information will be able to search for educational opportunities and resources by category, location, age, special need, or desired career. The website will also include information and “how to guides” for scholarships, grants, and accessing federal aid programs, ongoing education paths, statistics, and educational news links.

Future development of the Education Information Center includes planning for a free-standing kiosk location.



**North Idaho Family Group**  
**Education Information Center**  
208-502-0099

Coming 2015

### Visionary Partners



### Education Information Center

#### Pre-K through Career

*Comprehensive Education Information Resource Portal  
North Idaho Region*

I am looking for information about		
PRESCHOOL & DAYCARE	K-8	HIGH SCHOOL
<ul style="list-style-type: none"> <li>Local &amp; State Licensing Requirements</li> <li>Is my child ready for Kindergarten?</li> </ul>	<ul style="list-style-type: none"> <li>Public</li> <li>Private</li> <li>Alternative</li> <li>Online</li> </ul>	<ul style="list-style-type: none"> <li>Dual Enrollment</li> <li>Advanced Placement</li> <li>SAT/ACT</li> <li>Paying for College</li> <li>GED</li> </ul>
HIGHER EDUCATION	CONTINUING ED	PAY FOR COLLEGE
<ul style="list-style-type: none"> <li>2 Year</li> <li>4 Year</li> <li>Voc Tech/Career Tech</li> <li>Trade</li> </ul>	<ul style="list-style-type: none"> <li>Second Career</li> <li>Professional Development</li> <li>Licenses &amp; Certifications</li> <li>Personal Enrichment</li> </ul>	<ul style="list-style-type: none"> <li>Find Local Scholarships</li> <li>FAFSA/Financial Aid</li> <li>Work/Study Program</li> <li>About Student Loans</li> </ul>

#### Stay Informed!

Subscribe to site updates  
Create a profile  
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#### Recent News

Avista partners with NIC on Tech Scholarships

#### Pay for College

Scholarship Boot Camp  
Find local Scholarships  
State & National Scholarships  
Applying for Financial Aid  
Pell Grants  
About Student Loans

#### Most Popular Resources

Glossary of Terms  
North Idaho School Districts  
Career Counseling Sites  
Tutoring & Homework Help  
Research School Performance  
Idaho Home School Standards





# Students' Inventions Changing Lives

Invent Idaho is the Northwest's premier student invention program, with over 20 years of inspiring young inventors and igniting their creativity. Invent Idaho celebrates student innovation while teaching the inventive thinking process in an interdisciplinary curriculum. Young inventors in grades 1-8 participate in progressive levels of competition, including three Regional competitions held across the state, and culminating in the Invent Idaho State Finals.

The Invent Idaho program touches hundreds of students' lives every year, but 2014 was the most phenomenal year yet with Invent Idaho experiencing exponential growth. The I Cubed Challenge, a nationwide online competition with which Invent Idaho is affiliated, received extensive media coverage for the 2014 national winner, Lash Laker, a third grader, whose invention addressed the theme of "Sustainability." One of the Invent Idaho fifth graders, Jessica Holte, appeared on The Tonight Show with Jimmy Fallon and the Bloomberg Report with her award-winning invention, EZ Moo Milk Dispenser. In addition, Brooke Martin, the Invent Washington creator of the patented I C Pooch, was the youngest presenter at Geekwire in Seattle. Invent Idaho and I Cubed Inventions are changing lives!

Invent Idaho and I Cubed Inventions are sponsored in part by Time Warner Cable, Discover Technology, Lukins & Annis Attorneys, and the University of Idaho.

INFO

## Invent Idaho

[www.inventidaho.com](http://www.inventidaho.com)

## I Cubed Inventions

[www.icubedusa.org](http://www.icubedusa.org)



Cade Conboy displaying his 1st place entry, Fast Cast, in the working model category.



Carson Magee shows Raul Labrador his project.

## Lake City Junior Academy

The Lake City Junior Academy family exists to show children Jesus, nurture their love for Him and others, teach them to think, and empower them to serve.

### To achieve this goal, we encourage each student to:

- Develop a personal relationship with God and his fellow men as stated in Matthew 2:37-39
- Master the basic academic skills
- Cultivate physical fitness, mental ability, and moral purity as the blessing God intended.

(208) 667-0877

Lake City Junior Academy is operated by the Seventh-day Adventist Church to provide a spiritually oriented education for children.

111 E. Locust Ave., Coeur d'Alene, ID 83814  
[www.lcja.org](http://www.lcja.org)



## COEUR D'ALENE CHARTER ACADEMY

FREE PUBLIC COLLEGE PREPARATORY EDUCATION  
FOR GRADES 6 - 12

### APPLY NOW FOR 2015-2016!

PRIORITY APPLICATIONS DUE BY  
MARCH 13, 2015 AT 4:00 PM.



THE ACADEMY PROVIDES A WELL-ROUNDED PROGRAM OF ACADEMICS AND EXTRACURRICULAR ACTIVITIES.

PREPARING STUDENTS AS SCHOLARS, ATHLETES, LEADERS AND CITIZENS FOR COLLEGE AND BEYOND.



4904 N. DUNCAN DRIVE, CDA  
676.1667 • [CDACHARTER.ORG](http://CDACHARTER.ORG)  
MONDAY - FRIDAY, 7:00AM - 4:00PM



# Is Your Child Ready for Kindergarten?

United Way of Kootenai County works to improve lives in the community by providing resources and programs that improve the education, financial stability, and health



of people in North Idaho. To that end, their Education Impact Council has brought together community organizations and individuals to offer kindergarten readiness classes for parents/caregivers with children ages birth to five. The program is called Ready! for Kindergarten and shares information about the lively early-learning years before a child enters school, which lays the foundation for all future learning.

- READY! teaches parents how to "Play with a Purpose" which builds strong minds and relationships.
- Parents learn activities and receive materials to make learning at home fun and effective.

The course consists of three two-hour classes held in various convenient locations to minimize travel expenses and extra time commitment. Classes are free to families in Kootenai County and free child care is provided. The current sessions are underway, with additional sessions planned later in 2015.

A Community Collaboration of  
**United Way of Kootenai County**

**READY!**  
 for Kindergarten

FREE course & child care!

made possible by a generous donation from  
**AllianceData.**

Location	Course Dates	Time
Betty Kiefer Elementary Rathdrum	January 10, March 14, May 2	9:30 - 11:30am
Borah Elementary Coeur d'Alene	January 24, March 7, May 9	9:30 - 11:30am
Mullan Trail Elementary Post Falls	January 31, March 21, May 16	9:30 - 11:30am

**ICARE** **Mountain States** **North Idaho College Head Start** **North Idaho College CHILDREN'S CENTER** **Public Health**



**United Way of Kootenai County**

Liz Montgomery, Ready! for Kindergarten Program Coordinator  
 208-667-8112, ext.104 • Liz@KootenaiUnitedWay.org

## ROBOTICS COMPETITION

More than 120 students in grades 4-8 competed at North Idaho STEM Charter Academy last November, in the FIRST Lego League robotics tournament. Forty teams from STEM displayed their robotics programs, presentations, and gracious professionalism. The top 12 teams represented North Idaho STEM Charter Academy at the Regional FIRST Lego League tournaments in Coeur d'Alene, Sandpoint, and Worley in December. Winners will go on to the FLL State Championship at the University of Idaho on January 24.



## CDA POLICE DONATE TO PF 271

The Coeur d'Alene Police Department donated six used Panasonic Toughbooks to the Post Falls School District #273 Robotics Team Program in December. Police Chief, Lee White, explained that the technology used by the department commonly requires hardware and software upgrades, and that sometimes there is leftover equipment which has some viable life but is not practical for additional City government use. Historically this equipment has gone to auction. Other City departments and the Coeur d'Alene School District #271 did not have a need for these devices. All Toughbooks had the hard drives replaced with the factory specified one and all data was removed using software that meets the standards of the Department of Defense to ensure CJIS compliancy. The laptops will benefit area youth to learn about robotics and how to use technology in today's society, gearing them up for careers in the technology fields or where technology is present.







## Important deadline for 2015 High School Seniors

NOW is the time to apply for financial aid & scholarships for the 2015/2016 school year. Federal, State, and individual college deadlines vary widely. Most counselors recommend applying for federal financial aid with the FAFSA even if you think you won't qualify, or you think you won't need the aid.

- 2015-2016 FAFSA (Free Application for Federal Student Aid) is available NOW (FAFSA.ed.gov – Make sure to use THIS site to apply).
- February 15, 2015: Deadline for CSS / Financial Aid PROFILE Application (found at CollegeBoard.org)
- March 1, 2015: Idaho Deadline for applying for an Opportunity Grant. (A Federal Supplemental Educational Opportunity Grant (FSEOG) is a grant for undergraduate students with exceptional financial need.)
- Check with your school guidance counselor or visit [www.fastweb.com](http://www.fastweb.com) for up-to-date scholarship information.
- Contact your student's potential colleges to find out about school-specific scholarship opportunities and financial aid deadlines.



Don't wait! Even if 2014 taxes have not been filed, the FAFSA application can still be started and then updated later. It is better to start the process than to wait and risk missing deadlines.

# CLASS OF 2015

## Learning Skills

Part 3 of 3 in our education series explores alternatives to "higher education" 2 and 4-year degree paths, plus skills training for jobs & life. Parts 1 & 2 of the series can be found on [nifamily.com](http://nifamily.com).

Having a successful career with a high-earning salary doesn't necessarily require a college degree. Fortunately in North Idaho, there's lots of opportunities to get comprehensive training that will prepare you for great jobs, excellent careers, and advancement opportunities.

A college degree may not be for everyone, but training of some sort is absolutely necessary to enter the workforce successfully. The job search is always a little easier when you have the exact training that's required to do the job well.

The future is looking extremely bright locally with many options for both training and the job market. North Idaho College is building a new \$12 million technical training facility that will increase programs and allow more students to participate. Health care is expanding, manufacturing is on the rise, and there's energy focused on growing new technology sectors. That's great news for anyone seeking employment in the near future.

Enrolling in training programs right here in our backyard is easier than ever and it can make the difference between a job that you like and a career that you love. Here's just a few examples of how you can get started in a career of your choice or launch your current career to the next level.

- Individuals who like working in the **restaurant or hospitality industry** can take their skills to the next level through the NIC Hospitality Management program. Many of the entry-level jobs in the hospitality industry don't require a degree, but completing a program like NIC's can launch people immediately up the career ladder into management positions. High school students may be able to prepare for the program with classes at their high schools or at the Kootenai Technical Education Campus (KTEC). The NIC program has one- and two-year options, or you can choose from several online courses offered through the NIC Workforce Training program.
- Interested in a career in the **beauty industry**? Local beauty schools include Toni and Guy Hairdressing Academy, the Academy of Cosmetology, and the NIC Esthetician program. Options include NIC's 600-hour skin care program and 408-hour nail technician program or the 2,000-hour Toni and Guy program that includes hair, nails, and esthetics in a salon-based environment and prepares you to take the Idaho state board exam. Classes at Toni and Guy start monthly.



- Maybe you love road trips. Driving short or long distances brings a smile to your face. Training for an Idaho or Washington **commercial driver license** is available through the Sage Truck Driving School or the five-week CDL-A class offered at the NIC Workforce Training Center. Classes begin frequently and drivers are in high demand.
- Individuals that work in the nonprofit sector can now pursue **leadership training** designed specifically for nonprofits through the new University of Idaho Professional Nonprofit Leadership certificate program offered in Coeur d'Alene. The program is designed for both staff and board members of the nearly 400 nonprofits in our community. Students may earn a certificate of achievement for completing the 50-hour program. The course intends to help all of our organizations be sustainable and more effective.

**"We've done a disservice in this country by suggesting that there's only one path to success, which is to get a bachelor's degree," says Mark Edwards, executive director of Opportunity Nation, a campaign to increase economic opportunity in America. "There are many good-paying jobs available today that, quite candidly, a four-year bachelor of arts degree does not prepare them for."**

**Mark Edwards – Opportunity Nation**



## for Careers, Hobbies, and Life!

- If a career in healing touch appeals to you, the American Institute of Clinical Massage offers comprehensive training to become a **professional massage therapist**. The 1,025 hour programs include both modern and ancient techniques. The AICM also provides a broad array of continuing education courses for current therapists at its Post Falls location.
- The North Idaho Real Estate Academy in Coeur d'Alene offers a broad range of **real estate training** courses including the two-week Get Licensed course. The academy also offers continuing education courses, broker pre-licensing training, and other required classes. The academy is conveniently located in Coeur d'Alene's midtown area.
- North Idaho College is the obvious choice for many training opportunities. NIC offers a broad mix of **technical career programs: apprenticeship programs** in electrical, plumbing, and HVAC; career programs in fire fighting, health professions, business, computers, trades, industry, flagging certification courses, certified personal trainer, and many more.



Maybe a "training program" isn't what you're looking for. Maybe you just want to take a class that will **improve your skills or explore an interest or hobby**. Maybe you want to master Excel or QuickBooks, or learn how to use a digital camera, paint, garden, raise chickens, or get up to speed on what it will take to retire comfortably. North Idaho College provides a broad mix of special interest courses that will allow you to explore almost anything your heart desires.



A few other options for fun classes are **dance classes** at any of the various dance studios such as DanceTales, **pottery classes** at local studios, **exercise classes** at various gyms, and **gardening instruction** through the local University of Idaho Extension Office.

So many choices! It's what makes living here so interesting and enriching.

## Adult Education Assistance

North Idaho College Adult Basic Education provides basic skills instruction to adults who fall below a 12th-grade level in reading, writing or math.

- Bonners Ferry, Coeur d'Alene, Sandpoint, Silver Valley, St. Maries and Post Falls locations
- The classes are completely free to students 16 years of age or older and most instructional materials, such as textbooks, are provided
- GED & COMPASS exam assistance & preparation
- Mentoring, advising, tutoring, and support services available



**NIC Adult Basic Education**  
www.nic.edu/adulthoodeducation  
(208) 665-5099

## The Idaho Department of Labor can assist you

- Obtain your GED
- Pursue a technical certificate or Associates Degree
- Arrange a work experience by placing you in subsidized employment
- Pay incentives to employers willing to hire and train you on the job
- Find an employer who will hire and train you on the job
- Create a top notch resume and practice your interviewing skills

The Workforce Investment Act Program has Federal grants to help workers enter or re-enter the workforce.



**Idaho Dept. of Labor**  
kootenaicounty@mail@labor.idaho.gov  
208-457-8789

## GLOSSARY

of Acronyms

### GED

General Education Diploma

### ABE

Adult Basic Education

### HSE

High School Equivalency

### CDL

Commercial Driver's License

### CNA

Certified Nursing Assistant

### NICWTC

North Idaho College Workforce Training Center

### KTEC

Kootenai Technical Education Campus

### AICM

American Institute of Clinical Massage

### CIS

Computer Information Services

### PCA

Personal Care Aid

### HVAC

Heating, Ventilation, and Air Conditioning

### EMS

Emergency Medical Services



Jan 1	<i>Hangover Handicap 5 Mile Fun Run</i>   Most flat surface, family friendly   208-765-5105
Jan 8	<i>"Fed Up" free movie</i> <a href="http://www.pilgrimsmarket.com">www.pilgrimsmarket.com</a>
Jan 11	<i>Post Falls Kiwanis Bowl-A-Thon</i>   <a href="http://pfkiwanis.wordpress.com">pfkiwanis.wordpress.com</a>
Jan 17	<i>Dr. Martin Luther King Gala Event</i>   208-765-3932
Jan 17	<i>Tenth Annual LEGO-rama</i>   208-769-2315   <a href="mailto:info@cdalibrary.org">info@cdalibrary.org</a>
Jan 22-23	<i>Banff Mountain Film Festival</i>   <a href="mailto:mountainfever1@frontier.com">mountainfever1@frontier.com</a>
Jan 25	<i>Bavarian Brews, Brats &amp; Music Fest</i>   Lookout Pass <a href="http://www.skilookout.com">www.skilookout.com</a>
Feb 7	<i>Northern Regional Winter Games, Special Olympics</i> Silver Mountain   <a href="http://www.idso.org">www.idso.org</a>
Feb 7	<i>"Toast to Compassion" Hospice of North Idaho's 30th Annual Wine Taste</i>   <a href="http://www.hospicewinetaste.org">www.hospicewinetaste.org</a>
Feb 7	<i>"6th Annual Hearts for Homes Dinner and Auction" Habitat for Humanity fundraiser</i>   <a href="http://www.northidahohabitat.org">www.northidahohabitat.org</a>
Feb 11-22	<i>Sandpoint Winter Carnival</i>   <a href="http://www.sandpointwintercarnival.com">www.sandpointwintercarnival.com</a>
Feb 13	<i>Downtown Coeur d'Alene Chocolate Affair</i> <a href="http://www.cdadowntown.com">www.cdadowntown.com</a>
Feb 15	<i>7th Annual Wild Salmon Feast</i>   Family Promise fundraiser <a href="http://www.familypromiseni.org">www.familypromiseni.org</a>
Feb 20	<i>Tom Sherry KREM - 2nd Harvest Food Drive</i> <a href="http://www.skilookout.com">www.skilookout.com</a>
Feb 27	<i>John Brown Elementary PTU Seussational Celebration</i> a Dr. Seuss-inspired carnival <a href="http://www.facebook.com/JohnBrownElementaryPTU">www.facebook.com/JohnBrownElementaryPTU</a>
Feb 27	<i>Aw\$um Auction, Coeur d'Alene Chamber Fundraiser</i> <a href="http://www.cdachamber.com">www.cdachamber.com</a>
Feb 28	<i>Tubin' in Tutus, Shoshone Pet Rescue Benefit</i>   Silver Mountain <a href="http://www.silvermt.com">www.silvermt.com</a>
Feb 28	<i>CDA Charter Soup/Chili Cookoff</i>   <a href="http://www.cdacharter.org">www.cdacharter.org</a>
Feb 28	<i>"Sweetheart Scholarship Spaghetti Luncheon" Fundraiser for Sarah Jones Memorial Scholarship Fund</i>   <a href="http://www.blanchardidaho.net">www.blanchardidaho.net</a>
Mar 6	<i>North Idaho STEM Charter Spring 2015 Auction</i> <a href="http://www.stemcharter.org">www.stemcharter.org</a>
Mar 6-8	<i>NIBCA Home and Garden Show</i>   <a href="http://www.nibca.com">www.nibca.com</a>
Mar 7	<i>Wine, Stein and Dine, Post Falls Education Foundation Fundraiser</i> <a href="http://www.pfefwsd.org">www.pfefwsd.org</a>
Mar 11	<i>Kootenai County Democrats Spring Forth Social</i> <a href="http://www.kootenaidemocrats.org">www.kootenaidemocrats.org</a>
Mar 15	<i>5th Annual Pine Creek Tavern Pet Community Fundraiser</i> 208-682-4881 or <a href="mailto:tresamjohnson@gmail.com">tresamjohnson@gmail.com</a>
Mar 20-21	<i>24 Hours of Schweitzer Benefits Cystinosis Research</i> <a href="http://www.schweitzer.com/events">www.schweitzer.com/events</a>
Mar 21	<i>"9th Annual Auction and Soiree" Sorensen Magnet School of the Arts &amp; Humanities Fundraiser</i>   208-664-2822
Apr 4	<i>"Spring Carnival" Silver Mountain</i>   <a href="http://www.silvermt.com">www.silvermt.com</a>
Apr 10	<i>4th Annual Cowboy Ball</i>   <a href="http://www.cdacowboyball.com">www.cdacowboyball.com</a>
Apr 17	<i>9th Annual "Spring Fling" Auction/ Dinner/ Fundraiser</i> North Idaho Catholic Youth Camp   <a href="http://www.nicyc.org">www.nicyc.org</a>
Apr 25	<i>"March For Babies" March of Dimes fundraiser</i> <a href="http://www.marchofdimes.com">www.marchofdimes.com</a>
Apr 25	<i>Leadman 2015</i>   <a href="http://www.silvermt.com">www.silvermt.com</a>
May 7	<i>Idaho Gives</i>   <a href="http://www.idahononprofits.org/idaho-gives">www.idahononprofits.org/idaho-gives</a>

## The N.I.C.E. Calendar just got NICER!

Now in its 9th year, the North Idaho Charitable Events has a new user-friendly format including a mobile view and easier event submission.

Visit [nifamily.com](http://nifamily.com) to:

- Make sure your event is listed and is accurate
- Check for conflicts when planning your event



Visit **[www.nifamily.com](http://www.nifamily.com)** for a complete list of charitable events.



**USE ME!  
I'm N.I.C.E.**

*North Idaho Charitable Events Calendar*

**FREE**

Visit **[www.fyinnorthidaho.com](http://www.fyinnorthidaho.com)** for a complete list of community events.





## WELCOME NEW MEMBERS

KTEC

American Childhood Cancer  
Organization Inland NW

Heart of the City Church

Jump for Joy

Idaho Child Welfare Research  
& Training Center

Luke Malek,  
State Representative

Panhandle Health District

## UPDATES

### Children's Village close to reopening The Miller Home

Originally a treatment facility for children who suffered from mental health issues, the Miller Home closed due to a shortage of children's mental health funding. Made possible by generous community donations, the Miller Home will be a replica of the services offered by the Moyer Home which opened in 1990 and has provided a home for children experiencing abuse, neglect, homelessness and family crisis. The reopening allows Children's Village to double their capacity and care for up to 24 kids a day. Children's Village welcomes both state placed and privately placed children regardless of a family's ability to pay and offers the only Crisis Nursery in the area. Approx 5% of its funding is state provided.  
[www.thechildrensvillage.org](http://www.thechildrensvillage.org) or  
208-667-1189

### Habitat for Humanity of North Idaho Houses Kootenai County!

A Brush with Kindness (ABWK) is a national HFH home preservation program being implemented locally that partners with low-moderate income families to fix exterior problems such as painting, landscaping, or yard cleanup. Many of our community's elderly, disabled and low income homeowners are struggling just to make ends meet. Home maintenance then becomes a low priority, often resulting in safety issues as needed repairs are indefinitely deferred.

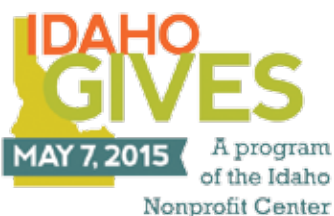
If you know of a neighbor or friend who is living in unsafe or unaffordable housing, please have them contact us. If you are able to volunteer your time to help those struggling with adequate housing, please visit our website at: [habitatni.volunteerhub.com](http://habitatni.volunteerhub.com) or (208) 762-4663 ext 4.

### Trinity Group Homes

Recent exciting news is that City of Coeur d'Alene Municipal Services Director Renata McLeod noted that Trinity Group Homes will receive a \$24,643 grant from the Community Development Block funds awarded to the City. These funds will be used for a variety of construction work at their Gilbert Avenue and 9th Street group homes, including replacing the roof at Gilbert Avenue. The project will directly benefit the 18 residents with severe and persistent mental illnesses at the home as well as their family members and significant others. During the past year, Trinity capacity has increased from 18 in 2013 to a current capacity of 32 bedrooms, with the largest waiting list in the last eight years.

For more information about services, financial or volunteer support:  
[www.TrinityGroupHomes.net](http://www.TrinityGroupHomes.net)

# Idaho Gives is just around the corner!



## Attention Nonprofits! Idaho Gives is May 7, 2015

Idaho Gives is a statewide, 24-hour giving day taking place online at [www.idahogives.org](http://www.idahogives.org).

More than that, it's a day to celebrate the awesome work of Idaho's nonprofits and benefit from the power of many.

When we're all in, we all win!

The North Idaho Family Group will provide communication support for the 2015 campaign and assist the Idaho Nonprofit Center to orchestrate a collaborative event on May 7.

Keep an eye out for email updates or visit [www.idahononprofits.org/idoaho-gives](http://www.idahononprofits.org/idoaho-gives) for more information.

# Luke Malek



As this new year begins, each of us has many things to focus on: family, work, community involvement, losing those holiday pounds, and so much more. There is one more thing you need to add to your plate. As your new year gets underway, a new legislative session is getting underway as well. Make monitoring this session a priority. Why? Because your state legislators are the most important politicians you know too little about. The actions the legislature takes affect your family, your

children, your children's education, your community, the roads you drive, the rules your communities must follow and, very likely, your job.

Unlike national politics, up here in Northern Idaho, we don't have many resources for following the happenings of the politicians we send to our State Politics: no network television coverage, very little radio coverage, and very limited print press.

Compare this to the national scene where major news stations offer around the clock coverage of what our national politicians are up to, and it is easy to see why the State legislature gets a little ignored. Getting information has to be a little more deliberate.

So, how does one go about getting such information? There are several ways. Firstly, reach out to your legislators. Each citizen in Idaho has one Senator and two Representatives. You can easily find out who yours are by going to [www.legislature.idaho.gov](http://www.legislature.idaho.gov). Ask to get on a mailing list that many legislators have. Also, while there, you can link to Idaho Public Television and the many wonderful tools they have for watching hearings, floor debate interviews, and more. Arguably, the State legislature is the political body that has the most impact on your life. Take some time to see what's going on.

Luke Malek is a State Representative representing District 4. He can be reached at [lmalek@house.idaho.gov](mailto:lmalek@house.idaho.gov).



# Nonprofit Leadership, Making a Difference

The North Idaho Family Group, in partnership with the University of Idaho's

**University of Idaho**  
Coeur d'Alene

Professional Nonprofit Leadership Certification Program, is dedicated to elevating the quality of nonprofit leadership in our area.

"Nonprofit Leadership, Making a Difference," an 8-week course that meets one evening a week for 2.5 hours, covers topics such as Leadership, Hi-Impact Board Development, successful Community-Based and Foundation Fund Development (real funders will interact with students), innovative Marketing and Special Events, essential Legal and Ethical Issues, and creating a successful Volunteer Program.

Additional focused courses are also offered throughout the year.

What people are saying:

"The class was 100% applicable to my professional life." Jennifer B, Coeur d'Alene, Idaho.

"The Nonprofit Leadership Class was crucial to developing an in-depth understanding of exactly how Nonprofits work." Bill W, Plummer, Idaho

Classes are held in the spring and fall, with an annual retreat (scheduled for September 2015). Visit [www.webpages.uidaho.edu/nonprofit/](http://www.webpages.uidaho.edu/nonprofit/) for upcoming classes and registration information.



## Therapeutic Group Home for Adolescent Males Ages 13-18




## A place to call home....

Hayden Group Home's focus is to provide a gender-specific, structured, nurturing environment for boys, ages 13 to 18



Sequel- Hayden Group Home  
(208) 590-5557. (Cell)  
(208) 762-7221 (Group Home Number)





**North Idaho  
FAMILY GROUP**  
a communications & marketing coalition

# Join today!

A Communications and Marketing Coalition comprised of a fee based membership that is dedicated to promoting healthy families and lifelong learning.

We provide a vehicle and forum to enhance nonprofit organization communication and community education which results in better collaboration, less duplication of services and events, and decreased promotion costs.

## For your \$100 Annual Investment you will receive:

- A 250-word article in one issue and possibly all issues if space allows. (Preference for articles is always given to Members)
- One \$150 gift certificate toward an ad of your choice in one issue during your first member year.
- Voucher towards one class provided by the University of Idaho's Professional Nonprofit Leadership Certification Program (\$55 value)
- Service Directory listing in magazine, directory and a link on [www.nifamily.com](http://www.nifamily.com).

## How to Join:

- **Online:** Visit [www.nifg.org](http://www.nifg.org) and click "Join Now"
- **Email:** [Members@nifamily.com](mailto:Members@nifamily.com)
- **Call:** 208-699-0126

## What We Do...

### annual services directory

The most current and comprehensive list of services for referrals and community education for agency use, service providers and the general public.

### education information center

- Pre-K through Career
- 24/7 "one stop shop" with access to all regional education resources

### communication & marketing coalition

- Marketing and communications services by member vendors
- \* InterAgency Communication support via The "Driscoll List"

### north idaho family magazine

Now in its 16th year, the **North Idaho Family Magazine** reaches targeted individuals and families needing services better than any other media.

### non profit education

- Partnership with University of Idaho's Professional Nonprofit Certification Program
- \* Forums & workshops on topics that are important to our area nonprofits

### NICE calendar

The North Idaho Charitable Events calendar is a regionally promoted, comprehensive, free listing source for all fundraising events.

### solution series

A forum in which to identify and solve issues that affect our community.





# Kombucha, You Betcha!

(pronounced kahm-BOOCH-ah)



## Where do you get Kombucha?

You can find the most varieties of Kombucha at health food stores, but most regular supermarkets also carry at least one brand. There are also independent brewers (like Bare Culture on 4th Street in Coeur d'Alene) where you can sample and purchase larger quantities in refillable growler bottles.

## Can I make my own Kombucha?

YES! To brew a gallon of Kombucha you need a SCOBY, some "starter tea," a gallon of distilled water, a cup of sugar, and 8 tea bags. To get a SCOBY and starter tea, you can buy a kit at a natural food store, or ask a friend who already brews their own Kombucha. Once you have your SCOBY and starter, you can continue to brew a new batch of Kombucha every 7-10 days.

There are thousands of online resources & recipes for homebrewing Kombucha. The most important thing is to not be intimidated! It's very easy to do once you get into a routine.

## What is Kombucha?

For the uninitiated, Kombucha sounds gross. It is a fermented beverage made by adding a symbiotic colony of bacteria and yeast (SCOBY) to brewed tea sweetened with sugar. The result is a delicious, naturally carbonated drink.

## What does it taste like?

The taste of Kombucha varies widely from quite tart to very sweet. Plain Kombucha has a slight black-tea taste, but is often flavored with fruit, herbs, or juice. It is usually fizzy, but again that depends on the bottle or batch. It can also have a strong "vinegary" smell, which puts off some people.

## Why drink Kombucha?

Some people drink Kombucha as an alternative to high-sugar sodas and fruit juices. Others drink it because of its alleged health benefits, such as improved digestion from the probiotics it contains.



## What is a SCOBY?

(skoh-bee)



A SCOBY is a Symbiotic Colony of Bacteria and Yeast cultivated in tea. The bacteria and yeast work together and "eat" some of the sugar in the tea creating a healthy beverage.

This awesome organism feels like a slimy scoop of mud and looks like a huge tongue but is really millions of bacteria and yeast living together in a colony. As it eats the sugar it will birth a whole new colony and you can watch it happen over the course of a couple days. However, the very best part of the SCOBY is the delicious drink it makes. Yum!



Baby SCOBY



# FAQs of Foster Parenting

## WHO CAN BECOME A FOSTER PARENT?

Foster and adoptive parents are as varied as the children needing homes. Successful foster and adoptive parents are everyday people who come from all races, religions, incomes and educational backgrounds. No two families are alike. They are:

- Single, married, same sex partners or divorced
- Able to financially support their own family
- Owning or renting a safe residence, with space for a child
- Working inside or outside their home, or are retired

## WHAT IF I ONLY WANT TO FOSTER CERTAIN AGE GROUPS?

You decide on the age, gender, and how many children are placed in your home. As you go through the licensing process a social worker will help you figure out what is a best fit for you and your family.

## ARE THERE ANY AGE RESTRICTIONS TO BECOME A FOSTER PARENT?

You must be 21 years old to become a licensed foster parent and Idaho law requires an adoptive parent be at least 25 years of age OR 15 years older than the child they are adopting. There are no maximum ages for foster care or adoption.

## HOW CAN I HELP A CHILD WITHOUT BEING A FOSTER OR ADOPTIVE PARENT?

There are many ways to help these children without being a foster or adoptive parent. Volunteering with recreational groups (like baseball, basketball, or other teams), making space available in your community for parent/child visitation, and assisting foster parents with transportation are all examples of ways you can help.

## WHAT ARE THE FIRST STEPS IN BECOMING A FOSTER PARENT?

Fill out an online application at [www.icwrtc.org](http://www.icwrtc.org) and attend an orientation meeting. You can call 208-676-1186 and find out when and where the next meeting will be.

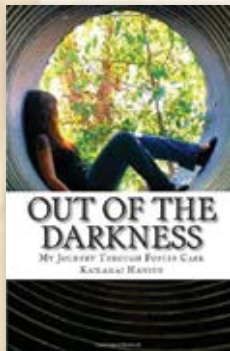


Idaho Child Welfare Research  
and Training Center  
[www.icwrtc.org/](http://www.icwrtc.org/)  
[hjohns14@ewu.edu](mailto:hjohns14@ewu.edu) or 676-1186

## Out of the Darkness: My Journey Through Foster Care

by Kailamai Hansen

A native North Idahoan, Kailamai is starting her senior year at Lewis-Clark State College where she is studying Business Administration with a double minor in Justice Studies and Communication. Hopefully her insights will help aspiring authors pursue their passion for writing.



### How long ago did you get the idea to write a book?

The idea to write my story came in 2011. Richard Paul Evans, a world-renowned author and New York times bestseller, asked me to be a character in his upcoming book "Miles to Go." The story tells the journey of a man who suddenly lost everything and decides to process his loss by walking from Seattle to Key West Florida. He meets me along the way in Coeur d'Alene, Idaho. Part of my story is in that book and a few that follow after, but Rick wanted me to tell my story in its entirety. The goal is to raise awareness of the issues youth are challenged with when they "age out of the system."

### When did you start and when did it publish?

I started writing and researching in 2011. Richard posted my story on his website [www.richardpaulevans.com](http://www.richardpaulevans.com) for purchase in 2011 in a PDF format. In June of 2014, I self published.

Is this your first book? Do you plan to do more?

This is my first book. I plan on writing a sequel to this one. I have the title already, just need to sit down and start!

Once my education is complete, I aspire to write a self-help book for foster youth yearning to break the cycle. I may also write one about a life changing experience I had with my health. I have many ideas and goals.

### What is your best advice to authors?

- Take your time and give yourself breaks.
- Have someone who doesn't know you read it.
- Market your book before you publish it.
- Encourage your readers to leave reviews, this helps you sell more books.
- Be transparent. People want to read something they can relate to.
- Step away. Take a small break. Then go back and re-read your draft with fresh eyes.
- ALWAYS, seek your source of purpose for support. Never forget why you are passionate about your topic. That will carry you through the trials you will face.

### Why did you write the book and what has it meant to you?

Initially I wrote the book to promote awareness for youth in transition. It evolved into helping me heal from my past. There were things I did not know about myself until I wrote it down on paper. Now, my book has been my inspiration to keep chasing my dreams, knowing I have youth looking up to me. Also, it has helped other adults who work with children such as myself understand where that child is coming from. It has been a beautiful thing and I am blessed to have had this opportunity.

Kailamai Hansen

*Out Of The Darkness: My Journey Through Foster Care*  
[kailalamai@gmail.com](mailto:kailalamai@gmail.com)





# Let's Go to Summer Camp!

## Residential Camps

### Coeur d'Alene Area

#### Camp Cross

McDonald Point, Lake Coeur d'Alene  
Grades 2-12, Adult and Family, May-Oct  
Residential Bible. Canoeing, boating, hiking, Dutch oven cooking.  
Cost: \$90-\$300  
[www.campcross.org](http://www.campcross.org) or 509-624-3191

#### Camp Four Echoes

Lake Coeur d'Alene, Worley  
Girls grades 2-12, June-Aug  
Girl Scouts. Windsurfing, kayaking, sailing, sports, cooking, photography, hiking.  
Cost: \$150-\$600. Scholarships available.  
[www.gsewni.org](http://www.gsewni.org) or 800-827-9478 ext. 227

#### Camp Lutherhaven

3258 W. Lutherhaven Rd., Coeur d'Alene  
Ages 4-18, Family, Special Needs, June-Aug  
Residential Bible. High-ropes adventure course, climbing tower, waterfront.  
Cost: \$100-\$350. Financial assistance, transportation and scholarships available.  
[www.lutherhaven.com](http://www.lutherhaven.com) or 208-667-3459 ext. 13  
(see ad on page 18)

#### Camp Mivoden

17415 E. Hayden Lake Rd., Hayden  
Ages 8-17 and Family, June-Aug  
Seventh-Day Adventist. Wakeboard, swimming, drama, crafts.  
Cost: \$310-\$360  
[www.mivoden.com](http://www.mivoden.com) or 208-772-3484

#### Camp Sweyolakan

Lake Coeur d'Alene  
Ages 6-18, June-Aug  
Camp Fire USA. Kayaking, outdoor cooking, sailing, horseback riding, backpacking, hiking, arts and crafts, rock climbing.  
Cost: \$70-\$845. Financial assistance available.  
[www.campfireinc.org/swey](http://www.campfireinc.org/swey) or 208-747-6191

#### Kids Camp

Silver Lake Camp, Medical Lake, WA  
Grades 3-6, Aug  
Real Life Ministries camp.  
Cost: \$19  
[www.reallifeministries.com](http://www.reallifeministries.com) or 208-777-7325

#### North Idaho Catholic Youth Camp

Shoshone Base Camp, North Fork, Coeur d'Alene River  
Grades 5-12, July  
Zip-lining, river tubing, rock climbing, campfires.  
Cost: \$225-\$250. Scholarships available.  
[www.nicyc.org](http://www.nicyc.org) or 208-771-1915

#### Ross Point Baptist Camp

Post Falls  
Grades K-12, June-July  
Softball, swim, bouldering wall, canoeing, crafts, climbing wall, high ropes course.  
Cost: \$180-\$261  
[www.rosspoint.org](http://www.rosspoint.org) or 208-773-1655

#### Shoshone Creek Ranch Camp

North Fork, Coeur d'Alene River  
Ages 8-18, July-Aug  
Residential Bible operated by Lutherhaven. Horseback riding, swimming, crafts.  
Cost: \$336-\$431  
[www.lutherhaven.com](http://www.lutherhaven.com) or 208-667-3459 ext. 13

#### Twin Lakes Friends Camp

8068 W. Radmer Rd., Rathdrum  
Grades 1-12, June-July  
Christian-themed residential and day camps.  
Cost: \$125-\$185. Scholarships available.  
[www.twinlakesfriendscamp.com](http://www.twinlakesfriendscamp.com) or 208-687-1026

#### Twinlow Camp

Rathdrum  
Grades 1-12, June-Aug  
United Methodist Church Camp. Games, waterskiing, crafts, swimming, canoeing.  
Cost: \$175-\$424  
[www.twinlowcamp.org](http://www.twinlowcamp.org) or 208-352-2671

## Sandpoint Area

#### Cocolalla Lake Bible Camp

209 N. Cocolalla Loop Rd., Cocolalla  
Ages 9-18 and Family, July-Aug  
Swimming, canoeing, paddle boats.  
Cost: \$120-\$170  
[www.clbcbcamp.org](http://www.clbcbcamp.org) or 208-263-3912

#### Twin Eagles Summer Camps

Sandpoint  
Ages 6-18 and Family, June-July  
Day and residential. Nature awareness, animal tracking, wild edible and medicinal plants.  
Cost: \$165-\$695  
[www.twineagles.org](http://www.twineagles.org) or 208-265-3685

#### Schweitzer Summer Camp

Schweitzer Resort, Sandpoint  
Ages 6-11, July-Aug  
Hiking, crafts, swimming.  
Cost: \$165 per week; \$155, season pass holders.  
[www.schweitzer.com](http://www.schweitzer.com) or 208-255-3081

#### Youth Horsemanship Camp

Western Pleasure Guest Ranch, 1413 Upper Gold Creek, Sandpoint  
Ages 10-16, June-Aug  
Hands-on experiences with horses.  
Cost: starting at \$825.  
[www.westernpleasureranch.com](http://www.westernpleasureranch.com) or 208-263-9066

## Day & Week Camps

#### Boys and Girls Club

200 W. Mullan Avenue, Post Falls  
Ages 6-18, July-Aug  
Breakfast Program 7-9am (additional \$5 per day per child), Regular Program 9am-5pm (lunch and snacks included).  
Cost: \$20 per child, additional fee for day camp.  
[www.northidahobgc.org](http://www.northidahobgc.org) or 208-457-9089

#### Camp Ka-Mee-Lin

Kiwanis Park, Post Falls  
City of Post Falls Recreation Department  
Ages 5-11, June-Aug  
[www.postfallsidaho.org](http://www.postfallsidaho.org) or 208-773-0539

#### Camp Kroc

Salvation Army, Coeur d'Alene Kroc Community Center  
Ages 6-13, June-Aug  
Eight different one week programs in both Discovery Camps and Specialty Skills Camps.  
Cost: starting at \$31  
[www.kroccda.org](http://www.kroccda.org) or 208-763-0618

#### Castle Rock Ranch Camp

Overnight Summer Camp for Girls  
Age 9-14  
July - August  
horseback riding, tubing, animal care, gardening, cooking, hiking, and fun!  
[www.castlerockranchcamp.com](http://www.castlerockranchcamp.com)  
(see ad on page 18)

#### Church of the Nazarene

4000 N. 4th St., Coeur d'Alene  
Ages 8-14, June-Aug  
[www.cdanaz.org](http://www.cdanaz.org) or 208-667-3543



### **Outbackers Day Camp**

Camp Sweyolakan, Lake Coeur d'Alene.  
Grades 1-6, July-Aug  
Swimming, canoeing, kayaking, Aqua Jump, outdoor cooking, hiking, archery.  
Cost: \$225. Transportation provided.  
[www.campfireinc.org](http://www.campfireinc.org) or 800-386-2324

### **School PLUS Day Camp/Childcare**

Coeur d'Alene School District 271 at selected elementary schools.  
Grades K-6, June-Aug  
208-769-0700

## **Educational Camps**

### **Camp Invention**

Sandpoint and Coeur d'Alene  
Nonprofit science enrichment camp.  
Grades 1-6, June  
Cost: \$220  
[www.campinvention.org](http://www.campinvention.org) or 800-968-4332

### **NXT Robotics Camp for Kids**

North Idaho College  
Ages 9-18, June  
[www.nic.edu](http://www.nic.edu) or 208-665-4521

### **Summer Science & Technology Camp**

Discover Technology, Hayden  
Grades 1-8, June-July  
Robotics, physics, adventures  
Cost: \$70-\$200  
[www.discovertechnology.org](http://www.discovertechnology.org) or 208-640-9412

## **Art & Theater Camps**

### **Christian Youth Theater**

Coeur d'Alene  
Grades 1-12, July-Aug  
[www.cytnorthidaho.org](http://www.cytnorthidaho.org) or 208-765-8600

### **Coeur d'Alene Arts Commission**

Harding Family Center, 411 N. 15th., Coeur d'Alene  
Ages 5-15, June-July  
Drawing, painting, music, kitchen, stage improv, cultural arts, mixed media, reading.  
[www.cdaid.org](http://www.cdaid.org) or 208-676-9132

### **Jacklin Center Drama Workshop**

405 N. William St., Post Falls  
[www.thejacklincenter.org](http://www.thejacklincenter.org) or 208-457-8950

### **Lake City Playhouse Summer Programs**

1320 E. Garden Ave., Coeur d'Alene  
[www.lakecityplayhouse.com](http://www.lakecityplayhouse.com) or 208-667-1323

### **Sandpoint Arts Alliance**

Sandpoint Center for the Arts, 518 Oak St.  
Ages 6-18  
[www.sandpointartsalliance.org](http://www.sandpointartsalliance.org) or 208-265-ARTS

### **Summer Drama Camp**

Coeur d'Alene High School  
Ages 6-18, June  
[www.northidahotheatre.org](http://www.northidahotheatre.org) or 208-769-2999

## **Sports Camps**

### **Coeur d'Alene Parks and Recreation**

[www.cdaid.org](http://www.cdaid.org) or 208-769-2252

### **Hayden Parks and Recreation**

[www.cityofhaydenid.us](http://www.cityofhaydenid.us) or 208-209-1080

### **North Idaho College**

1000 W. Garden Ave., Coeur d'Alene  
Grades 3-12, June-Aug  
Basketball, soccer, volleyball, wrestling, softball, baseball, cheerleading, mascot.  
[www.nic.edu](http://www.nic.edu) or 208-769-5975

### **NIC Outdoor Pursuits Youth Adventure Camp**

1000 W. Garden Ave., Coeur d'Alene  
Ages 12-16, June 23-27  
Rock climbing, kayaking, canoeing, white water rafting, sailing, hiking. Includes equipment and transportation.  
Cost: \$250  
[www.nic.edu/wft](http://www.nic.edu/wft) or 208-769-7809

### **NIC Outdoor Pursuits Youth Sailing Camp**

NIC Beach, Lake Coeur d'Alene  
Ages 12-16, July 14-18  
Learn sailing. Equipment, safety, and terminology covered.  
Cost: \$200  
[www.nic.edu/wft](http://www.nic.edu/wft) or 208-769-7809

### **Post Falls Parks and Recreation**

[www.postfallsidaho.org](http://www.postfallsidaho.org) or 208-773-0539

### **Rathdrum Parks and Recreation**

[www.rathdrum.org](http://www.rathdrum.org) or 208-687-2399

### **Sandpoint Parks and Recreation**

[www.cityofsandpoint.com](http://www.cityofsandpoint.com) or 208-263-3613

### **Skyhawk Sports Camps**

Ramsey Field and Woodland Middle School, CDA  
Thunder Dome, Hayden  
Ages 4-12, June-Aug  
Basketball, baseball, tennis, soccer, football  
Cost: \$55-\$150  
[www.skyhawks.com](http://www.skyhawks.com)

## **Special Needs Camps**

### **Camp All Stars**

Coeur d'Alene  
Specialized Needs Recreation day camps for developmental disabilities and/or physical, mental and emotional challenges.  
Ages 4-21, June-Aug  
[www.snr.bz](http://www.snr.bz) or 208-755-6781

### **Camp Connect**

Panhandle Autism Society day camps  
June-Aug  
[www.facebook.com/panhandle.autism.society](http://www.facebook.com/panhandle.autism.society)  
or 208-664-4133

### **Camp Independence**

TESH Inc., 3327 Industrial Loop, Coeur d'Alene  
Ages 4-21, June-Aug  
For children with special needs. A variety of activities.  
[www.teshinc.com](http://www.teshinc.com) or 208-765-5105

### **Camp No Limits**

Camp Cross, Lake Coeur d'Alene  
Ages All, July  
For children and adults with limb loss. Parent and child peer support, adapted recreational activities, prosthetic education.  
[www.nolimitsfoundation.org/Camp\\_No\\_Limits](http://www.nolimitsfoundation.org/Camp_No_Limits)

### **Imagine Behavioral & Developmental Services**

June-Aug  
For children with developmental disabilities  
[imaginebehavior.com](http://imaginebehavior.com) or call 208-762-1250  
(see ad on page 24)

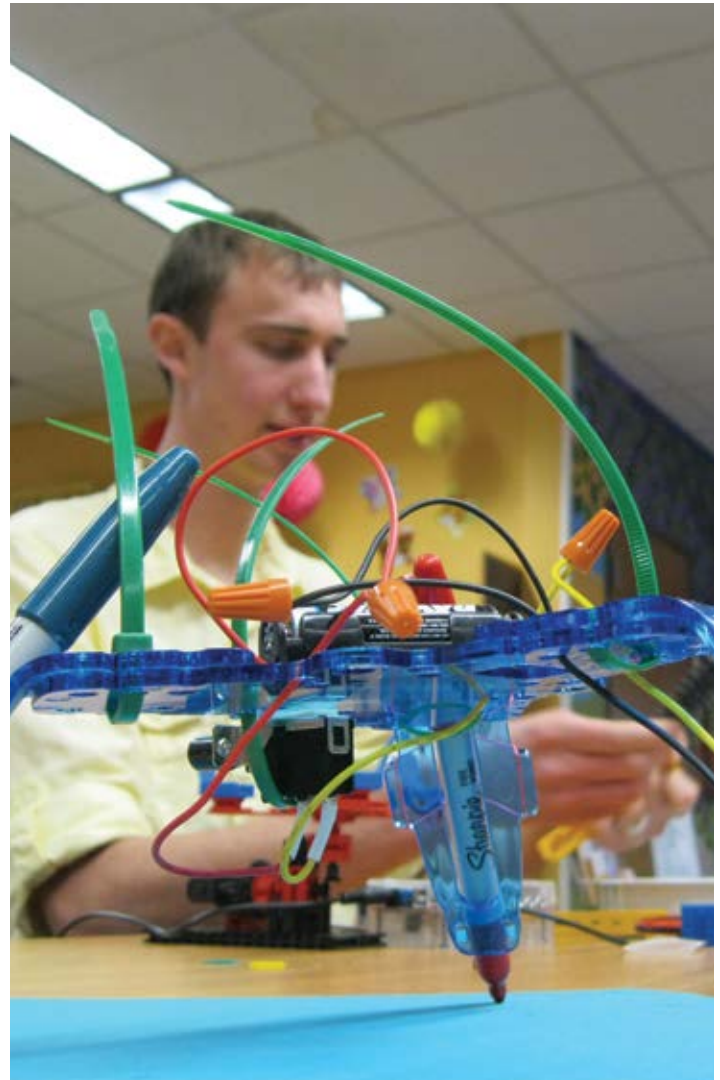




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## Let's Play!

Looking for alternate activities to tablets, phones and computers for your kids? The Community Library Network offers engaging hands-on programs for kids with a focus on fun. The open-ended play and learning experiences will stimulate creativity and foster critical thinking skills in your child.



The Ka-Boom! and Build It! programs incorporate STEM (science, technology, engineering and math) skills, challenging kids to think critically, solve complex problems and gain skills required to succeed in today's challenging world. They'll learn everything from architecture and building concepts to 3D printing. These free programs are targeted to 6-11 year olds.

Ka-Boom! is scheduled at Athol Library, every second Tuesday of the month at 3:15 p.m.; at Hayden Library, the second and fourth Monday at 4 p.m.; and at Spirit Lake Library, every third Tuesday at 3:15 p.m. Build It! Is at Post Falls every Thursday at 4 p.m.



Community Library Network  
[CommunityLibrary.net](http://CommunityLibrary.net)

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# Help for the Homeless

Each month a crowd of humanitarian planners, thinkers, and advocates meets to address the needs of those experiencing homelessness and deep poverty in North Idaho. Members come from St Vincent de Paul, Health and Welfare, Trinity Group Homes, Family Promise, North Idaho Violence Prevention Center, Kootenai Christian Community Coalition, United Way, Coeur d'Alene School District, food banks, North Idaho Family Group, and more. Together, they are the Region 1 Homeless Coalition.

Established nearly 20 years ago and encompassing the five northern counties, the Coalition seeks to address all facets and causes of homelessness. For the majority of individuals and families who have become homeless, it is a situational episode due to illness, accident, unemployment, domestic violence, or other life crisis. The Coalition works collaboratively to support resources and services that stabilize families and help those in crisis to help themselves.

The group reaches into the five northern counties, promoting effective homeless programs for shelter, housing, and self-sufficiency for all homeless singles, families, and youth, while emphasizing awareness and understanding of vulnerable populations. At last count, there were over 500 homeless individuals in Region 1, comprising 25% of the state's homeless population in Bonner, Boundary, Kootenai, Shoshone, and Benewah counties alone. At least half of these individuals are experiencing a mental illness. Thousands of uncounted people are living in substandard housing.

The Coalition serves as a conduit between community needs and community resources. Each year they update and publish a pocket-size community resource directory, and are currently advocating for a crisis center in Kootenai County to better serve mental health emergencies.

The Coalition holds an open meeting monthly on the third Tuesday at 1120 Ironwood Dr. in Coeur d'Alene. Interested community members are encouraged to attend.



**INFO** Region 1 Homeless Coalition  
www.r1HC.org  
contact@r1hc.org or 208-818-5924

# The Purple Purse

Shown here is local community leader Kiki Miller who was honored by the North Idaho Violence Prevention Center and Allstate Insurance as a regional representative for the 2015 Purple Purse Campaign. The purpose of the Purple Purse campaign is to provide education on how to recognize domestic violence and financial abuse, talk about it, and stop it. The purse represents the financial bondage to an abusive situation. "We were thrilled to recognize Kiki Miller for her ongoing work in the area of domestic violence prevention," said Jeffi Tibbetts, of Allstate Insurance in Coeur d'Alene. "We look forward to a successful 2015 fundraising and awareness campaign and being able to support the NIVPC."





# 25 Fun Things to do with Kids

tear out and save

- 1.**  Try a new snow sport. Cross country ski and snow shoeing trails are abundant and easy to reach. Try Farragut State Park. You can rent gear at most local ski resorts or shops.

- 2.** Go sledding at Cherry Hill.

- 3.** Make Hot Cocoa from scratch.

- 4.** Create a colored ice sculpture! Fill water balloons and plastic containers with water and food coloring. Leave everything outside to freeze and then pop the colored ice from the containers and build away!



- 5.** Bundle up and take a walk along the Centennial Trail or around Tubbs Hill.



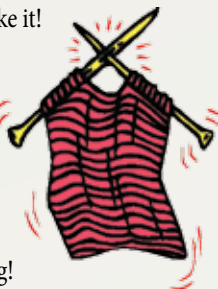
- 6.** Enjoy a family bowling night at Sunset Bowling or Triple Play.

- 7.** Make edible finger paint. Mix up a box of instant pudding and pour onto a large cookie sheet or TV tray. Finger paint fun pictures and designs. When it's time to clean up, just eat the pudding!

- 8.** Search "Winter Kid Activities" on Pinterest and find out how to make FROZEN Erupting Snowballs, a Snow Storm in a Jar, or Crystal Suncatchers.

- 9.** Brew some Kombucha! The kids will think it's a science experiment and they might even like it!


- 10.** Learn how to knit or crochet and then make your friend a hat or scarf!




- 11.** Go to the Sandpoint Winter Carnival – Don't miss the Ski Joring! (Feb 11-22)

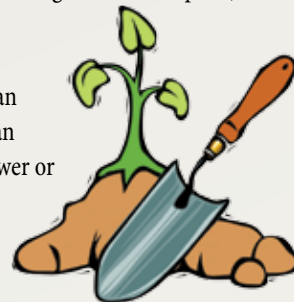
- 12.** Watch the eagles at Wolf Lodge Bay and Beauty Bay. It's a local treat from December through February.

- 13.** See Christian Youth Theatre's Pocahontas (Feb/March) or Chitty Chitty Bang Bang (May) at the Kroc Center Theater.

- 14.**  Make a "no-sew" blanket. Hit the fabric store and choose some inexpensive fleece material in a fun pattern. Snip a fringe at either end and then tie the fringed ends together. Bingo! You have a new soft fleece blanket!

- 15.**  Go skiing, snowboarding, or tubing at Silver Mountain Resort (or SURFING if you stay overnight and go to Silver Rapids!)


- 16.** Plant a winter garden. Use a planter box in a windowsill. Plan to transplant in the spring for an early start on your summer flower or vegetable garden.




- 17.** Have a camp out in the living room complete with microwave S'mores.

- 18.** Visit the Museum of North Idaho.

- 19.** Go on an "art walk" around downtown galleries. Have your kids choose which painting or sculpture they like best. Ask them why they like it.

- 20.**  Make homemade Valentine's Day Cards for your mom, dad, or grandparents.

- 21.**  Make a Shamrock Smoothie for St. Patrick's Day. Combine frozen sliced bananas, 2 cups of honeydew melon chunks, 2 kiwi fruits peeled and cut into chunks, 1 cup frozen vanilla yogurt, and ½ cup of tightly packed parsley leaves.

- 22.** Sign up for an art class at Art on the Edge [artontheedge.org](http://artontheedge.org)

- 23.** Have a Baked Potato party! Make chili, shred cheese, and have sour cream, butter, chives, bacon bits and other toppings. Everybody can put on their own toppings!



- 24.** Learn to ice skate at Frontier Ice Arena [frontiericearena.org](http://frontiericearena.org)

- 25.** Go watch a basketball game at North Idaho College.



## Church: It's Not What You Think



There are cars everywhere, baby seats, strollers, and a pile of laughing moms walking through the doors. It's Thursday, the day Mom's Connect meets at Heart of the City Church. The coffee's on, a variety of delicious dishes out on the table, and kiddos are running to greet each other and go to their classes.

Mom's Connect is designed for women of all ages but specifically ministers to those with young children. It's a place where friendships are made, prayer is offered, understanding is present, and encouragement is generously given. In a cultural climate where family is hardly put in its rightful place of honor, Mom's Connect brings it back to center. Guest speakers engage in such topics as multi-tasking, working moms, stay-at-home moms, dating your husband, building up your children, and staying encouraged as a mother.

A few weeks ago, a woman in her 40s who had been attending Mom's Connect for some time came into the group with tears in her eyes. She had just been diagnosed with pancreatic cancer and was on her way to the emergency room due to intense pain. The other women gathered around her like a mother hen with her chicks and began to pray powerful words of healing and strength over the distraught woman. Not long after this special time, the woman came back to the group to report that she'd had another test, showing that the pancreatic cancer was gone. It's amazing what a group of women who love God and love each other can accomplish in an impossible situation.

By Raydeane & Seth Owens  
Heart of the City Church

*Walking is magic... Plato and Aristotle did much of their brilliant thinking together while ambulating. The movement, the meditation, the health of the blood pumping, and the rhythm of footsteps...this is a primal way to connect with one's deeper self.*

Paula Cole







# The Future of Healthcare

## OVERSIGHT AND COORDINATION OF TREATMENT PLANS SAVES TIME AND MONEY

**H**eritage Health is breaking ground by using a medical template for integrated healthcare where every aspect of a patient's health is considered and treatment plans streamlined to avoid cross treatment and over-medication.

Few people know and understand the ins and outs of health care better than Dr. Denis Yost. With a background in chemistry and pharmacy and a career as Hospital Director of Pharmacy spanning over nearly four decades, the man is a wealth of knowledge and a tremendous resource for Heritage Health where he currently serves as the Community Health Center's Clinical Pharmacist. Having retired three times already, Dr. Yost joined Heritage Health and the organization's Chief Medical Officer Dr. Abate last year, and the work the two are currently doing is nothing short of groundbreaking. But why keep working when you can retire?

"Well, you can only play so much golf" Dr. Yost says, "I think it's nice to be able to help people. And also, what we are doing here is really on the forefront of where health care is going; if you ask me, this is the future. I enjoy being part of it."

What Heritage Health is doing is using a medical template for integrated healthcare where every aspect of a patient's health is considered and treatment plans streamlined to avoid cross treatment and over-medication. As an example, a patient who has been seeing different providers for different conditions may have multiple diagnoses and be on several prescription medications without anybody overseeing the overall effect of



*Dr. Denis Yost*

these medications' effectiveness and possible interactions. Dr. Yost says he'll come across patients who may have ten different diagnoses and take up to fifteen different medications.

"And those are just the medications we know of" he adds, "I have seen patients on as many as 25 different drugs and at that point they often don't know what the drugs are all for. The patients we are using the template for are the ones most in need of this approach." It's not the patient's fault, Dr. Yost points out, but rather the result of a system where providers of different specialties and medical offices don't always communicate. The patients who end up for review typically fit one of two profiles. They have either had no, or very little, healthcare, or they have had extreme and uncoordinated healthcare. In either case, it is Dr. Abate, Dr. Yost, and their team's job to tie it all together.

**The program saves between \$800-2000, per patient and year. For some patients the savings exceed \$28,000 a year.**

Integrated healthcare is not only a time saver, but a tremendous cost saver as well. Reducing and organizing the amount of medication a patient is on saves both the patient and the healthcare system a significant amount of money. Dr. Yost estimates that on average, their program saves between \$800-2000, per patient and year. For some patients the savings exceed \$28,000 a year. "If you were to take a care management program like this to one of the major players in healthcare, just imagine what the savings would be."

As former Director of Pharmacy at Kootenai Health, board member at both Idaho State University and University of Montana's Board of Visitors, active in the North Idaho Health Network and a long time consultant for various agencies and organizations across the medical field, Dr. Yost has always made a point of keeping up to date with what's new in the medical field.



Even so, he has rarely come across something as advanced as the program Heritage Health is currently developing. “As common sense as it may sound to oversee and coordinate treatment plans, I don’t know of many other places that do it,” he says.

A critical part of Heritage Health’s integrated care model has been the addition of mental health. For a long time it has been something of a nationwide norm to keep mental and medical health practices separate. But this new way of approaching care operates from the standpoint that if the physical health is not in order, the mental component won’t be either, and vice versa. “It goes hand in hand,” Dr. Yost says, “just like a person who is unhappy at home will be unhappy at work, we can’t ignore an essential part of the system and expect it work.” When asked what other aspects of health the team might consider in streamlining a care plan, Dr. Yost is quick to answer.

“Anything that may have an effect on the overall health” he says, “we want to address health across the board; cover prevention as well as treatment of disease.” Dr. Yost believes the future of healthcare lies in what he refers to as the Medical Home concept, meaning more communication and strategy on how to treat people, and less single provider approaches. He says he can already see a difference in how the providers at Heritage Health treat and prescribe for their patients when working with the new template. So far more than 600 patients have been reviewed through this model. Dr. Yost hopes to see that number increase to 2,000 patients a year and believes this to be a tangible goal.

“We have plans in place for more one-on-one patient counseling related to medication therapy and the way I see it, this is only the beginning” he concludes.

For more information visit [www.myheritagehealth.org](http://www.myheritagehealth.org) or call 208-620-5250.

## Why Motor Skills Matter

The term “gross motor” development refers to developing physical skills that use large body movements, normally involving the entire body.

Positive early experiences with physical activity lead to children being active later in life, contributing to physical, social and psychological health.

Children enjoy and are motivated by play experiences that allow them to succeed and have fun. Taking some risks and attempting physical challenges help them extend and refine their gross motor skills.

Kids develop at their own pace and may reach milestones at different ages. However, there are general characteristics that are typical of gross motor abilities at certain developmental stages:

- Babies are developing head and neck control, reaching, grasping, rolling, pulling themselves around, crawling, and pulling themselves up on people and furniture.
- Toddlers enjoy short bursts of high energy and are developing more controlled movements such as walking steadily, jumping, running, stretching, twisting, climbing stairs, and throwing and catching large, light objects such as soft balls and beanbags.
- Preschool age children are further developing physical skills such as running, jumping, climbing, balancing, hopping, and skipping, and have more coordinated arm, leg, head, and torso movements.
- School age children have mastery over many gross motor skills but are still developing strength, fitness, coordination, concentration, body control, and reflex responses.



One easy and fun way to develop these skills is utilizing the modern invention of the “bouncer.” At locations like Jump for Joy in Coeur d’Alene, these bouncers provide children with many of the ways to develop and enhance their gross motor skills listed above, as well as improving their balance, the strength of their muscles, aerobic activity, and more. Soft play structures created by Safe Space Concepts are designed to develop the gross motor skills for babies and new toddlers as well.



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# Let's Move!

The City of Coeur d'Alene is participating in the national "Let's Move" program. There's one important goal to Let's Move! and that's to solve the problem of childhood obesity in a generation. The goal is for kids born today to grow up healthy and at a good weight when they reach adulthood.

## Action Plan for Kids

### 1. Move Every Day!

Kids need 60 minutes of active play every day. It may sound like a lot, but it doesn't all need to happen at one time. Physical activity throughout the day all adds up. And when you get moving, you're more likely to:

- Plan activities with your family like swimming, tennis, basketball, Frisbee – and come up with your own ideas to get moving.

### 2. Try a New Fruit or Veggie

- Make a fruit salad with a mix of strawberries, oranges, grapes and pineapple – or whatever you have in the house.
- Mix it up! Blend frozen fruit, juice and low-fat or fat-free yogurt to make a healthy shake that tastes great.
- Top cereal, oatmeal, or toast with strawberries, blueberries, or bananas.

### 3. Vary Your Veggies

- Snack on veggies like baby carrot and celery sticks with a low-fat or fat-free ranch dip.
- Make a salad with a variety of veggies, like corn, carrots and spinach – keep it colorful!
- Bring cut-up veggies to school for an afternoon snack – try red pepper or cucumber slices.

### 4. Drink Lots of Water

- Pass on soda and choose water instead at meal time.
- Drink 100% juice without added sugar – fruit juice is sweet on its own!
- Choose 1% or skim milk.
- Make water exciting! Add a slice of lemon, lime, cucumber, or watermelon, or try sparkling water.

### 5. Do Jumping Jacks to Break Up TV Time

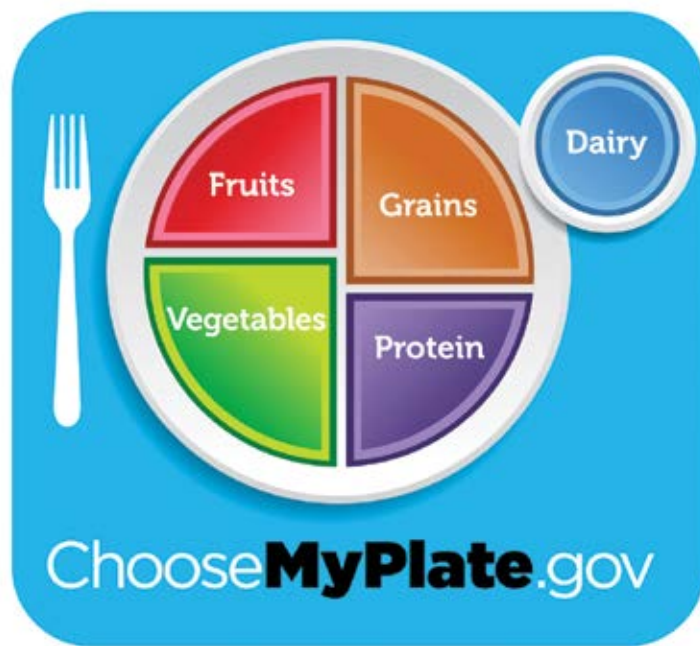
If you're going to watch TV or play computer games, break it up! Pause the game. Make commercial breaks Let's Move! breaks. Here are some active ideas:

- Jumping jacks
- Dancing
- Racing up and down the stairs
- Sit-ups
- Stretching
- Jogging in place
- Push-ups

### 5. Help Make Dinner

- Participate in food shopping trips and choose fruits and veggies to mix-in to meals.
- If you pack your lunch, work out a menu for the week with different foods that you like and are good for you.
- Find new healthy recipes that sound tasty too.

For more information, activities, and printable resources visit [www.choosemyplate.gov](http://www.choosemyplate.gov).



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## Fighting the Cycle of Poverty in North Idaho

In Idaho, 1 in every 5 families lives in poverty and struggles with balancing work, childcare and finances.

One local program, run through the Panhandle Health District, is working to improve that statistic. Nurse Family Partnership's (NFP) mission supports first-time, low-income mothers to give their children a strong start.

NFP helps meet the needs of low-income children by partnering with their mothers. "We focus on short-term and long-term goals," said Lisa Hylsky, NFP Program Coordinator. "In addition to parenting skills, goals for clients may be anything from smoking cessation to managing stress to obtaining an advanced degree."

Local mothers are paired with a nurse who visits them in the privacy of their own home throughout their pregnancy and up until the child's second birthday. This support – at no cost to the family - has led to significantly improved prenatal health, fewer subsequent pregnancies, improved child school readiness, reduced involvement in crime, and less child abuse, neglect and injuries.

One mother said, "NFP has empowered me to be a better mom. With each visit, I felt more confident of my parenting skills and made a specific plan to get my degree."

Nurse Family Partnership is now in its third year in North Idaho and is anticipating the addition of 2 nurse visitors by the end of 2015. With that, the team will be able to see about 100 mothers at any given time.

"NFP is a rigorously tested, evidence-based program and is proven to be successful on many levels," Hylsky continued. "By investing in our most vulnerable women and children, we are creating a better, safer and stronger community not just for today, but for generations to come."

Referrals for NFP participants are highly encouraged.



From Left to Right:  
Panhandle Health District's  
Nurse Visitor Diana Bird,  
Coordinator Lisa Hylsky and  
Nurse Visitor Jenni Hughes.



**Panhandle Health District**  
[www.phd1.idaho.gov](http://www.phd1.idaho.gov)

## Family Care Kits help families navigate a cancer diagnosis

Olivia was diagnosed with a rare liver cancer, hepatoblastoma, one month before her third birthday. It changed her family forever.

Although childhood cancer is considered rare, it remains the second leading cause of death (surpassed only by accidents) and the number one disease killer of children in the United States. Childhood cancer occurs regularly, randomly, and spares no ethnic group, socioeconomic class, or geographic region.

Olivia experienced fevers, and was pale and a bit more tired than usual for about a month, but nothing that caused alarm. One day, Olivia's dad picked her up, and he felt a lump in her abdomen. A trip to the emergency room revealed the shocking and devastating news that Olivia had cancer. "We kept hoping it was a mistake." But it wasn't. "We were bowled over by this threat that was attacking our child."

Olivia's mom, Kristi said, "The Family Care Kit from the American Childhood Cancer Organization was so helpful. We didn't know how to talk to our 5 year old and the materials really helped us to be able to break it down for her. The tools included in the binder and bag really helped us feel like we had a handle on the chaos. The kit wasn't just for the moment, it was for the beginning, middle, and long-term. It was so great to have others tell us what we needed: You need to eat, shower (I was never so happy to see toothpaste), write down your questions. Your brain is on vacation and you really don't know what you need. ... We were really fortunate to receive the overwhelming kindness of so many people who did so many things to reach out and help our family. It strengthened us."

Over 35 years of parent feedback make up the American Childhood Cancer Organization's Family Care Kits. The Family Care Kits for newly diagnosed families are funded in part by the Rypien Foundation and ensure that kids don't fight cancer alone.



**American Childhood Cancer  
Organization Inland Northwest**  
[www.acco.org/inlandnw](http://www.acco.org/inlandnw) • 509-443-4162

## A Healthcare Safety Net

Bonner Partners In Care Clinic (BPICC) fills a critical need in the community by providing a safety-net for those residents not medically insured.

BPICC operates out of the Panhandle District building at 1020 Michigan St. in Sandpoint, Idaho. Patients are seen for minor and chronic health problems one night per week from 5:30 p.m. to 9:00 p.m. Only 8 patients can be seen per clinic night so patients are accepted on a first-come, first-served basis. The clinic also provides access to certain testing and lab work, referrals, prescriptions, and diabetes education, and a psychiatrist is available once per month for medication monitoring.

BPICC is an all volunteer non-profit organization funded and operated by the community. The clinic is not funded by the government and relies on the generous support of local business and community members. Volunteers and donations are appreciated.



**Bonner Partners In Care Clinic**  
[amy.topp@bpicc.org](mailto:amy.topp@bpicc.org) • (208)255-9099



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Dave Spraul reads to kindergartners on Dr. Suess' birthday, an annual tradition of the Post Falls Kiwanis Club.

## Volunteering could save your life!

Are you tired, lonely, or feeling sorry for yourself? According to the National Governor's Association (NGA), volunteering may be the cure!

According to a report released by the NGA, the benefits of volunteering for those over the age of 55 are countless, and include:

- Improved Physical and Mental Health
- Increased Lifespan
- Reduced Chronic Pain
- Reduced Depression and Anxiety
- Increased Self-Esteem and Self Confidence
- Improved Quality of Life
- Increased Independence

Helping others can increase your motivation and strengthen your community while you're strengthening your lifestyle.

Help a child to read, be a friend to a homebound senior, serve at a food bank, help seniors to protect themselves from Medicare Fraud, or volunteer in countless other ways in communities throughout North Idaho. If you're 55 or older, please consider volunteering through the Retired & Senior Volunteer Program (RSVP), which is part of the Area Agency on Aging and North Idaho College.



**Area Agency on Aging**

bsmall@aaani.org or 800-786-5536

## From handrails to home repairs, ElderHelp cares

ElderHelp of North Idaho is a caring community of volunteers whose goal is to help low income seniors in Kootenai County stay safely and securely in their own homes as long as possible.

Volunteers assist with the following types of projects that affect a senior's health and safety:

- Installing various types of handrails and grab bars
- Repair minor roof leaks
- Repair minor plumbing leaks
- Repair floors that present a safety hazard
- Put locks on doors or windows
- Maintain and install smoke detectors
- Weatherization
- Provide firewood when available
- Building handicap ramps



**ElderHelp**

www.elderhelpofnorthidaho.org  
208-661-8870





# An Unexpected Farewell

## PET AFTERCARE OPTIONS: WHAT TO DO IF YOUR PET DIES SUDDENLY

The loss of a pet can be a traumatic time for a family. Especially if it is unplanned and occurs at a most inconvenient time. A holiday, when animal caregivers are closed or away. The day before leaving town on summer vacation. While other family crisis issues need attention. A pet cremation can range from \$55 to \$200, but if there are obstacles beyond cost that prevent that immediately, below are a few tips:

- Area animal hospitals have 24/7 staff who can assist if euthanization is needed
- All Pets Cremation Services in Post Falls have staff who can help discuss options
- There is no fee for a pet (under 100 lbs) to be disposed of at the Kootenai County Landfill
- Do not put animals in curbside trash pick up
- Storage of remains on ice (freezer) if burial is not an option until facilities are open to assist
- Review laws regarding burial where you live

Your best options are to be prepared as you become a pet owner to deal with this unlikely event in advance.



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## Animal Medical Center

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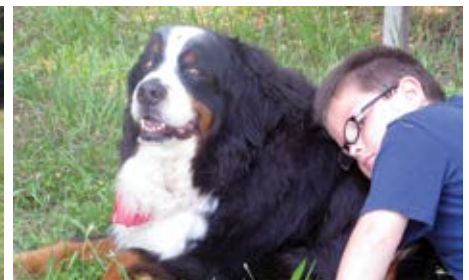
## Animal Assisted Therapy

Equine assisted therapy and therapeutic riding programs, like those offered at The K2 Equestrian Center in Hayden, Idaho are beneficial for special needs children and adults. But horses aren't the only animals that play a role in these therapy programs. For example, K2 has a variety of creatures that are used to comfort and assist families in need—including rescue burros and Bernese Mountain dogs, which are bred and raised on the ranch.

Working with animals has proven to lower anxiety and can serve as a motivator to stimulate participation in achieving goals. Many people relate to animals much better, and in ways they cannot often relate to humans. With this approach in mind, K2 uses animals to respond to the participant's needs. Animals have keen senses and can provide a calm and safe therapy experience.

All therapy programs at K2 use animals to provide therapy to individuals that are conducted by credentialed special education teachers on a one-on-one basis. Sessions are developed to address the client's specific issues—such as anxiety, depression, social skills, trust, self-confidence, motor skills, mobility and balance, or mental health issues—and goals are set. No matter what challenge a participant faces, the animals provide a gentle, safe, and loving atmosphere to learn and reach goals.

The newest member of their animal therapy is Titan—a male Bernese Mountain dog. He will begin his training as a therapy dog at the ranch this spring.



**K2 Equestrian Center**  
[K2EquestrianCenter.org](http://K2EquestrianCenter.org)

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 American Childhood Cancer Organization Inland Northwest • PO Box 8031 Spokane, WA • 509-443-4162 • [www.acco.org/inlandnw](http://www.acco.org/inlandnw)  
 Anchor House • 1609 N. Government Way • Coeur d'Alene, ID • 667-3340 • [www.youthranch.org](http://www.youthranch.org)  
 Big Brothers/Big Sisters • 222 W. Mission Suite 40 • Spokane, WA • 509-328-8310 • [www.nwbigs.org](http://www.nwbigs.org)  
 Boy Scouts of America • 178 Commerce Dr. • Hayden, ID • 772-2455 • [www.scouting.org](http://www.scouting.org)  
 Boys and Girls Club • 200 W. Mullan Ave. • Post Falls, ID • 457-9089, 665-1919 • [www.northidahobgc.org](http://www.northidahobgc.org)  
 Camp Fire Inland Northwest • 524 N. Mullan • Spokane, WA • 509-747-6191 • [www.campfireinc.org](http://www.campfireinc.org)  
 Crosswalk North Idaho • 201 E. Harrison Ave. • Coeur d'Alene, ID • 676-0772 • [www.voaspokane.org/crosswalknorthidaho](http://www.voaspokane.org/crosswalknorthidaho)  
 Excel Foundation • PO Box 2469 • Coeur d'Alene, ID • 699-6963 • [www.excelcda.wordpress.com](http://www.excelcda.wordpress.com)  
 Girl Scouts of Eastern WA and North Idaho • 410 E. Sherman Ave., Ste 309 • Coeur d'Alene, ID • 509-747-8091 ext 243 • [www.gsewni.org](http://www.gsewni.org)  
 Idaho Youth Ranch • 2201 Government Way, Suite J • Coeur d'Alene, ID • 667-1898 • [www.youthranch.org](http://www.youthranch.org)  
 March of Dimes • 3222 W. Overland Rd. • Boise, ID • 800-336-5421 • [www.marchofdimes.com](http://www.marchofdimes.com)  
 Panhandle Alliance of Education • PO Box 1675 • Sandpoint, ID • 263-7040 • [www.panhandlealliance.org](http://www.panhandlealliance.org)  
 PATH Idaho • 2101 Lakewood Dr., Ste 236 • Coeur d'Alene, ID • 473-2861 • [www.pathidaho.org](http://www.pathidaho.org)  
 Wishing Star Foundation • 139 S. Sherman St. • Spokane, WA • 509-744-3411 • [www.wishingstar.org](http://www.wishingstar.org)

## Civic/Volunteer

Arts & Cultural Alliance • 105 N. 1st • Coeur d'Alene, ID • 292-1629 • [www.artsincda.org](http://www.artsincda.org)  
 Cancer & Community Charities (3C's) • P.O. Box 1274 • Coeur d'Alene, ID • 667-1479 • [www.ccc-northidaho.org](http://www.ccc-northidaho.org)  
 Coeur d'Alene Firefighters Pipes & Drums • 300 Foster Ave. • Coeur d'Alene, ID • 769-2340 • [www.cdaffpd.org](http://www.cdaffpd.org)  
 Habitat for Humanity • 176 W. Wyoming Ave. • Hayden, ID • 762-4663 • [www.northidahohabitat.org](http://www.northidahohabitat.org)  
 Human Rights Education Institute • 414 Mullan Ave • Coeur d'Alene, ID • 292-2359 • [www.hrei.org](http://www.hrei.org)  
 Kootenai County Indicators • 668 N. Riverpoint Blvd. • Spokane, WA • 509-828-1211 • [www.kootenaiindicators.org](http://www.kootenaiindicators.org)  
 Kootenai Democrats • 408 Sherman Ave • Coeur d'Alene, ID • 763-3361 • [www.kootenaidemocrats.org](http://www.kootenaidemocrats.org)  
 Kootenai Environmental Alliance • PO Box 1598 • Coeur d'Alene, ID • [www.kealliance.org](http://www.kealliance.org)  
 Lake City Playhouse • 1320 E. Garden Ave. • Coeur d'Alene, ID • 667-1323 • [www.lakecityplayhouse.org](http://www.lakecityplayhouse.org)  
 Panhandle Parks Foundation • 212 Ironwood Drive, Ste D PMB124 • Coeur d'Alene, ID • 651-6271 • [panhandleparksfoundation.org](http://panhandleparksfoundation.org)  
 Youth Volunteers in Action • 6101 Ramsey Ave. • Coeur d'Alene, ID • 769-0769

## Crisis Intervention

Child Protective Services • 1120 Ironwood Drive • Coeur d'Alene, ID • 769-1515, after hours 208-769-1543 • [www.healthandwelfare.idaho.gov](http://www.healthandwelfare.idaho.gov)  
 Child Protective Services • 207 Larkspur Street • Ponderay, ID • 265-4523, after hours 208-265-4523  
 Children's Village Foundation • 1350 W. Hanley Ave. • Coeur d'Alene, ID • 667-1189 • [www.thechildrensvillage.org](http://www.thechildrensvillage.org)  
 ICARE • 201 E. Harrison Ave • Coeur d'Alene, ID • 676-1515 • [www.icareforchildren.org](http://www.icareforchildren.org)  
 Kinderhaven, Inc • PO Box 2097 • Sandpoint, ID • 265-2236 • [www.kinderhavensandpoint.com](http://www.kinderhavensandpoint.com)  
 National Center for Missing and Exploited Children • 800-843-5678  
 North Idaho Violence Prevention Center • 850 N. 4th St. • Coeur d'Alene, ID • 664-9303 • [www.nivpc.org](http://www.nivpc.org)  
 Shoshone Crisis Line • 140 Railroad Ave. • Kellogg • ID • 208-784-1351, 208-769-1405  
 Victim Services Unit • 1717 E. Polston Ave. • Post Falls, ID • 773-1080 • [www.postfallspolice.com](http://www.postfallspolice.com)

## Education - Adult

North Idaho College • 1000 W. Garden Ave. • Coeur d'Alene, ID • 769-3315 • [www.nic.edu](http://www.nic.edu)  
 North Idaho Higher Education • [www.northidahohighereducation.org](http://www.northidahohighereducation.org)  
 North Idaho College Workforce Training Center • 525 W. Clearwater Loop, Post Falls • ID • 769-3222 • [www.workforcetraining.nic.edu](http://www.workforcetraining.nic.edu)  
 University of Idaho • 1031 N. Academic Way, Suite 242 • Coeur d'Alene, ID • 667-2588 • [www.uidaho.edu](http://www.uidaho.edu)

## Education - Child

Christian Center School • 3639 W. Prairie Ave. • Hayden, ID • 772-7451 • [www.ccs-id.net](http://www.ccs-id.net)  
 Circle of Care/Developing Minds • 3755 East Covington • Post Falls, ID • 777-600 • [www.FSSOFNI.com](http://www.FSSOFNI.com)  
 Coeur d'Alene Charter Academy • 4904 N. Duncan Dr. • Coeur d'Alene, ID • [www.cdacharter.org](http://www.cdacharter.org)  
 Coeur d'Alene School Dist. 271 • 1400 N. Northwood Center Ct. • Coeur d'Alene, ID • [www.cdaschools.org](http://www.cdaschools.org)  
 Education-Plus, Inc • 6389 Tall Pines Rd • Coeur d'Alene, ID • [www.educationplushealth.com](http://www.educationplushealth.com)  
 Holy Family Catholic School • 3005 W. Kathleen Ave. • Coeur d'Alene, ID • 208-765-4327 • [www.hfcs-cda.org](http://www.hfcs-cda.org)  
 Idaho Distance Education Academy • 761 N. Thornton St., Ste E • Post Falls, ID • 661-5099 • [www.idahoidea.org](http://www.idahoidea.org)  
 Idaho School for the Hearing Impaired • 2101 Lakewood Dr, Ste 224 • Coeur d'Alene, ID • 661-9120 • [www.isdb.idaho.gov](http://www.isdb.idaho.gov)  
 Idaho School for the Vision Impaired • 2101 Lakewood Dr, Ste 224 • Coeur d'Alene, ID • 661-9122 • [www.isdb.idaho.gov](http://www.isdb.idaho.gov)  
 KTEC-Kootenai Technical Education Campus • 6838 W. Lancaster Rd. • Rathdrum, ID • 208-712-4733 • [www.ktctraining.org](http://www.ktctraining.org)  
 Lake City Jr Academy • 111 E Locust Ave • Coeur d'Alene, ID • 667-0877  
 LAM Christian Academy • 4800 N. Ramsey Road • Coeur d'Alene, ID • 208.765.8238 • [www.lamcda.org](http://www.lamcda.org)  
 Learning Life • PO Box 3582 • Coeur d'Alene, ID • 964-6399 • [www.learninglifeco.org](http://www.learninglifeco.org)  
 Mountain States Early Head Start • 411 N. 15th St, Ste 200 • Coeur d'Alene, ID • 765-6955 • [www.msehs.org](http://www.msehs.org)  
 North Idaho Association for the Education of Young People • PO Box 262 • Coeur d'Alene, ID • 415-5145 • [www.idahoaeys.org](http://www.idahoaeys.org)  
 North Idaho College Head Start • 411 N. 15th St, Ste 103 • Coeur d'Alene, ID • 765-6755 • [www.nicheadstart.org](http://www.nicheadstart.org)  
 North Idaho STEM Charter Academy • PO Box 434, 15633 N. Meyer Rd., Rathdrum, ID • 208-687-8002 • [www.northidahostemcharteracademy.org](http://www.northidahostemcharteracademy.org)

## Education - Parent

Parent Project-Kootenai County Diversion Program • 451 Government Way • Coeur d'Alene, ID • 446-1970 • [www.parentproject.com](http://www.parentproject.com)

## Family Services

Family Promise of North Idaho • 501 E. Wallace Ave. • Coeur d'Alene, ID • 777-4190 • [www.familypromiseni.org](http://www.familypromiseni.org)



## Government

2-1-1 Idaho CareLine • PO Box 83720 • Boise, ID • 800-926-2588 • [www.idahocareline.org](http://www.idahocareline.org)  
 Coeur d'Alene Parks Department • 710 E. Mullan Ave. • Coeur d'Alene, ID • 769-2252 • [www.cdapidparks.org](http://www.cdapidparks.org)  
 Department of Health and Welfare • 1120 Ironwood Drive • Coeur d'Alene • ID • 2-1-1  
 Idaho Child Welfare Research & Training Center • 2005 Ironwood Parkway, Suite 200 • Coeur d'Alene, ID • 800-745-1186 • [www.icwrtc.org](http://www.icwrtc.org)  
 Kootenai County Fairgrounds • 4056 N. Government Way • Coeur d'Alene, ID • 765-4969 • [www.northidahofair.com](http://www.northidahofair.com)  
 Panhandle Area Council • 11100 Airport Drive • Hayden, ID • 772-0584 • [www.pacni.org](http://www.pacni.org)  
 Panhandle Health District • 8500 N. Atlas Rd. • Coeur d'Alene, ID • 451-5100 • [www.phd1.idaho.gov](http://www.phd1.idaho.gov)

## Healthcare - Dental - Mental - Physical

Heritage Health (formerly Dirne) • 1090 Park Place • Coeur d'Alene, ID • 292-0292 • [www.myheritagehealth.org](http://www.myheritagehealth.org)  
 Kootenai Health • 2003 Kootenai Health Way • Coeur d'Alene, ID • CdA 667-3742, PF 619-4100, SP 263-6763 • [www.kootenaihealth.org](http://www.kootenaihealth.org)

## Healthcare - Dental

Coeur d'Alene Dental Center • 1322 Kathleen Ave • Coeur d'Alene, ID • 667-7461 • [www.cdadentist.com](http://www.cdadentist.com)

## Healthcare - Mental

ACES Community Services • 1700 Schneidmiller St • Post Falls, ID • 619-0190 • [www.aces-id.com](http://www.aces-id.com)  
 ACES Community Services • 1417 N. 4th St. • Coeur d'Alene, ID • 292-2188 • [www.aces-id.com](http://www.aces-id.com)  
 Northwest Behavioral Health • 1612 N. 3rd St. • Coeur d'Alene, ID • 765-4509

## Healthcare - Physical

After Hours Urgent Care • 1300 E. Mullan Ave. • Post Falls, ID • 777-1157 • [www.nifp.com](http://www.nifp.com)  
 Bonner Partners in Care Clinic • 1020 Michigan St. • Sandpoint, ID • 255-9099 • [www.bonnerpartnersincareclinic.org](http://www.bonnerpartnersincareclinic.org)  
 Heritage Health • 1090 N. Park Place Coeur d'Alene, ID • 620.5250 • [www.myheritagehealth.org](http://www.myheritagehealth.org)  
 Hospice of North Idaho • 9493 N Government Way • Coeur d'Alene, ID • 691-6996 • [www.honi.org](http://www.honi.org)  
 Kootenai Urgent Care • 700 Ironwood Dr., Ste 170E • Coeur d'Alene, ID • 667-9110 • [www.kootenaiurgentcare.com](http://www.kootenaiurgentcare.com)  
 Luke Malek • Idaho State Representative • 208-661-3881 • [www.lukemalek.com](http://www.lukemalek.com)  
 Medicine Man Pharmacy • 802 Medical Ct. • Post Falls, ID • PF 773-3567, Hayden 762-9355, CdA 666-2502 • [www.medmanpharmacy.com](http://www.medmanpharmacy.com)  
 North Idaho Health Network • 1250 W. Ironwood, Ste 201 • Coeur d'Alene, ID • 666-3212 • [www.nihn.net](http://www.nihn.net)  
 Rathdrum Clinic • 14775 Kimo Ct. • Rathdrum, ID • 687-5627 • [www.rathdrumclinic.com](http://www.rathdrumclinic.com)  
 Shoshone Community Health Clinic • 114 W. Riverside Ave. • Kellogg, ID • 752-4145  
 Shriner's Hospital for Children • 911 W. 5th Ave. • Spokane, WA • 509-455-7844 • [www.shrinershospitalsforchildren.org/spokane](http://www.shrinershospitalsforchildren.org/spokane)  
 Spoelstra Family Chiropractic • 370 E. Kathleen Ave, Ste 600 • Coeur d'Alene • ID • 667-7434 • [www.cdahealth.com](http://www.cdahealth.com)

## Misc.

Community Library Network • Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, Spirit Lake • [www.communitylibrary.net](http://www.communitylibrary.net)  
 Grocery Girl - Grocery Shopping & Delivery Service • 755-7339 • [grocerygirlcda@gmail.com](mailto:grocerygirlcda@gmail.com)  
 Jacklin Arts & Cultural Center • 405 William St. • Post Falls, ID • 457-8950 • [www.thejacklincenter.org](http://www.thejacklincenter.org)  
 Jump for Joy • 250 West Dalton Ave Coeur d'Alene, ID • 208-664-5200 • [www.jumpforjoycda.com](http://www.jumpforjoycda.com)  
 The Culinary Stone • 2129 N Main St • Coeur d'Alene, ID • 277-4116  
 The Salvation Army Ray & Joan Kroc Community Center • 1765 W. Golf Course Rd. • Coeur d'Alene, ID • [www.kroccda.org](http://www.kroccda.org)  
 We've Got Stuff • P.O. Box 1421, Hayden, ID • 208-446-4382 • [wevvgotstuffidwa@gmail.com](mailto:wevvgotstuffidwa@gmail.com)  
 WITH Performance • 1950 Bellevue Ln, Ste 106-A • Coeur d'Alene, ID • 660-9378

## Pet & Animal Services

AJ's Tails and Trails • Coeur d'Alene • [www.facebook.com/ajstailsandtrails](http://www.facebook.com/ajstailsandtrails)  
 Birds of Prey Northwest • Po. Box 3507 • Coeur d'Alene • 245-1367 • [www.birdsofpreynorthwest.org](http://www.birdsofpreynorthwest.org)  
 Coeur d'Alene Animal Control • 5500 N. Government Way • Coeur d'Alene, ID • 446-1300 • [www.kcsheriff.com/animalcontrol.html](http://www.kcsheriff.com/animalcontrol.html)  
 Coeur d'Alene Pet Resort • 125 E Hazel Ave • Coeur d'Alene, ID • 667-4606 • [www.cdapetresort.com](http://www.cdapetresort.com)  
 Help Every Little Paw • 1533 Northwest Blvd. • Coeur d'Alene, ID • 659-6408 • [www.helpeverylittlepaw.org](http://www.helpeverylittlepaw.org)  
 K2 Equestrian Center • 5723 E. Dodd Road • Hayden, ID • 762-9891 • [www.k2equestriancenter.com](http://www.k2equestriancenter.com)  
 Kootenai Humane Society • PO Box 1005 • Hayden, ID • 772-4019 • [www.kootenaihumanesociety.com](http://www.kootenaihumanesociety.com)  
 Shoshone Pet Rescue • PO Box 884 • Kellogg, ID • 512-3401 • [www.shoshone-pet-rescue.org](http://www.shoshone-pet-rescue.org)

## Religious/Fraternal

Christian Community Coalition • P.O. Box 2714 • Coeur d'Alene, ID • 966-4078 • [kootenaiccc.com](http://kootenaiccc.com)  
 Christian Youth Theater (CYT) North Idaho • PO Box 3250 • Coeur d'Alene, ID • 765-8600 • [www.cytnorthidaho.org](http://www.cytnorthidaho.org)  
 Giving Grace International • 1986 W. Hayden Ave. • Hayden, ID • 509-280-7691 • [www.gracegivinginternational.org](http://www.gracegivinginternational.org)  
 Heart of the City Church • 521 W. Emma Ave. • Coeur d'Alene, ID • 665-7808 • [www.heartofthecitychurch.org](http://www.heartofthecitychurch.org)  
 Idaho Panhandle Kiwanis • 913 Pennsylvania Ave • Coeur d'Alene, ID • 651-3131 • [www.panhandlekiwanis.org](http://www.panhandlekiwanis.org)  
 Lutherhaven Camp/Ministries • 3258 W. Lutherhaven Rd. • Coeur d'Alene, ID • 667-3459 • [www.lutherhaven.com](http://www.lutherhaven.com)  
 Prairie Avenue Christian Center • 3639 W. Prairie Ave. • Hayden, ID • 772-7541 • [www.pacc-id.net](http://www.pacc-id.net)  
 Real Life Ministries • 1866 Cecil Rd. • Post Falls, ID • 446-2420, 777-7325 • [www.reallifeministries.com](http://www.reallifeministries.com)  
 St. Pius Catholic Church • 625 E. Haycraft • Coeur d'Alene, ID • 765-5108 • [www.stpiuscda.org](http://www.stpiuscda.org)  
 Unity Church of North Idaho • 4465 N. 15th St. • Coeur d'Alene, ID • 664-1125 • [www.unitycenter.org](http://www.unitycenter.org)

## Senior Services

Alzheimer's Association • 1042 W. Mill Ave., Ste 205 • Coeur d'Alene, ID • 666-2996 • [www.alz.org](http://www.alz.org)  
 Area on Aging Of North Idaho • 2120 Lakewood Dr., Ste B • Coeur d'Alene, ID • 667-3179 x 221 • [www.aaani.org](http://www.aaani.org)  
 Coeur d'Alene Homes • 624 W. Harrison Ave. • Coeur d'Alene, ID • 664-8119 • [www.cdaseniorliving.org](http://www.cdaseniorliving.org)  
 Comfort Keepers • 820 E Best Ave • Coeur d'Alene, ID • 765-9511 • [www.comfortkeepers/office-125](http://www.comfortkeepers/office-125)

Hayden Senior Gems • 9428 N. Government Way • Hayden, ID • 762-7052 • [www.haydengems.org](http://www.haydengems.org)  
 Jewett House • 1501 E. Lakeshore Dr. • Coeur d'Alene, ID • 667-5194 • [www.cdavid.org](http://www.cdavid.org)  
 Kellogg Senior Center • 211 McKinley Ave. • Kellogg, ID • 783-4581  
 Lake City Center • 1916 Lakewood Dr. • Coeur d'Alene, ID • 667-4628 • [www.lakecitycenter.org](http://www.lakecitycenter.org)  
 Kootenai Health Senior Care Program - 2003 Kootenai Health Way - Coeur d'Alene, ID - 625-5353 - [khadult@kh.org](mailto:khadult@kh.org)  
 North Idaho Home Health • 2028 East Best Ave • Coeur d'Alene, ID • 667-7494 • [www.nihomehealth.com](http://www.nihomehealth.com)  
 On Site For Seniors • 1052 W. Mill Ave. • Coeur d'Alene, ID • 664-3301 • [www.onsite4seniors.org](http://www.onsite4seniors.org)  
 Sandpoint Senior Center • 820 Main St. • Sandpoint, ID • 263-6860 • [www.sandpointseniorcenter.org](http://www.sandpointseniorcenter.org)  
 Wallace Senior Center • 621 Cedar • Wallace • ID • 208-752-5411

## Social Services

ABC Food Bank • 30355 3rd St. • Coeur d'Alene, ID • 683-3244  
 Angels Over Sandpoint • PO Box 2369 • Sandpoint, ID • 290-5895 • [www.angelsoversandpoint.org](http://www.angelsoversandpoint.org)  
 Calvary Rathdrum Food Bank • 8027 W. Main St. • Rathdrum, ID • 687-3696  
 CAP Community Action Partnership Food Bank • 4144 Industrial Ave., Ste E • Coeur d'Alene, ID • 664-8757 • [www.cap4action.org](http://www.cap4action.org)  
 Catholic Charities of North Idaho • 406 N. 10th St. • Coeur d'Alene, ID • 676-1974 • [www.ccidaho.org](http://www.ccidaho.org)  
 Christmas For All • 201 2nd St. • Coeur d'Alene, ID • [www.cdapress.com](http://www.cdapress.com)  
 Goodwill Industries • 1212 N. 4th St. • Coeur d'Alene, ID • 664-2552 • [www.discovergoodwill.org](http://www.discovergoodwill.org)  
 Habitat for Humanity of North Idaho • 176 W. Wyoming Ave. • Hayden, ID • 762-4663 • [www.northidahohabitat.org](http://www.northidahohabitat.org)  
 Highroad Human Services • 9705 Meadowlark Lane • Coeur d'Alene, ID • 772-3116 • [www.highroadhumanservices.com](http://www.highroadhumanservices.com)  
 Idaho Housing and Finance • 610 W. Hubbard, Ste 219 • Coeur d'Alene, ID • 667-3380 • [www.idahohousing.com](http://www.idahohousing.com)  
 Idaho Youth Ranch Thrift Store • 811 N. 4th St. • Coeur d'Alene, ID • 664-1736  
 Lake City Community Church Food Bank • 1707 N. 4th St. • Coeur d'Alene, ID • 676-0632 • [www.lakecitycc.org](http://www.lakecitycc.org)  
 Love Pantry • 1700 Pennsylvania Ave. • Coeur d'Alene, ID • 664-9231  
 Meals on Wheels • 1916 Lakewood Dr. • Coeur d'Alene, ID • 667-4628  
 Money Management International • 2005 Ironwood Pkwy • Coeur d'Alene, ID • [www.moneymanagement.org](http://www.moneymanagement.org)  
 Poison Control Center • ID • 800-860-0620 • [www.healthandwelfare.idaho.gov](http://www.healthandwelfare.idaho.gov)  
 Post Falls Food Bank • 3255 E. Poleline • Post Falls, ID • 773-0139 • [www.postfallsfoodbank.org](http://www.postfallsfoodbank.org)  
 Shepherd's Table • 212 W. Ironwood Dr., Ste D • Coeur d'Alene, ID • 964-4144 • [www.shepherdstableinc.org](http://www.shepherdstableinc.org)  
 Shoshone County Indigent Services • 700 Bank St. • Kellogg, ID • 752-8601 • [www.shoshonecounty.org](http://www.shoshonecounty.org)  
 Shoshone Veterans Service • 700 Bank St. • Kellogg, ID • 752-8601 • [www.shoshonecounty.org](http://www.shoshonecounty.org)  
 Spirit Lake Food Bank • 31245 N. 4th St. • Spirit Lake, ID • 623-3107  
 St Vincent de Paul • 201 E. Harrison Ave. • Coeur d'Alene, ID • 664-3095 • [www.stvincentdepaulcda.org](http://www.stvincentdepaulcda.org)  
 United Way of Kootenai County • 501 E. Lakeside Ave., Ste. 3 • Coeur d'Alene, ID • 667-8112 • [www.kootenaiunitedway.org](http://www.kootenaiunitedway.org)

## Special Needs

Disability Action Center • 7560 N. Government Way, #1 • Dalton Gardens, ID • 664-9896 • [www.dacnw.org](http://www.dacnw.org)  
 DS (Down Syndrome) Connections • 3838 W. Prairie Ave. • Hayden, ID • 755-5079 • [www.dsconnections.org](http://www.dsconnections.org)  
 Imagine Behavioral and Developmental Services • 7905 Meadowlark Way, Ste C • Coeur d'Alene, ID • 762-1250 • [www.imaginebehavior.com](http://www.imaginebehavior.com)  
 Panhandle 1424 Boyer Ave. • Sandpoint, ID • 263-7022 • [www.panhandlespecialneeds.com](http://www.panhandlespecialneeds.com)  
 Special Olympics of Idaho • 199 E. 52nd • Garden City • ID • 800-915-6510 • [www.idso.org](http://www.idso.org)  
 Specialized Needs Recreation • 3700 N. Government Way, Suite J • Coeur d'Alene, ID • 755-6781 • [www.snrldaho.org](http://www.snrldaho.org)  
 TESH, Inc, Bonner County • 804 Airport Way, Ste D • Sandpoint, ID • 263-7755 • [www.teshinc.com](http://www.teshinc.com)  
 TESH, Inc, CDA • 3808 S. Industrial Ave. • Coeur d'Alene, ID • 765-5105 • [www.teshinc.com](http://www.teshinc.com)  
 Trinity Group Homes, Inc • PO Box 1861 • Coeur d'Alene, ID • 667-9607 • [www.trinitygrouphomes.net](http://www.trinitygrouphomes.net)

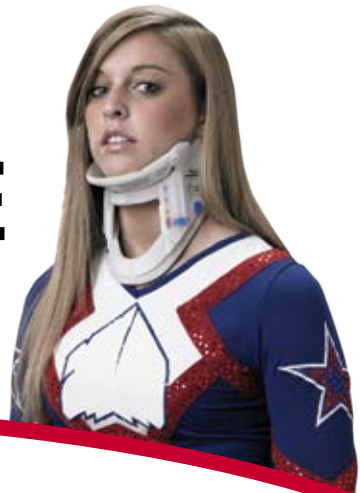
## Substance Abuse-Recovery/Prevention

Al-Anon • Coeur d'Alene, ID • 676-0549 • [www.al-anon-idaho.org](http://www.al-anon-idaho.org)  
 Alcoholics Anonymous • 118 N. 7th St., Ste B5 • Coeur d'Alene, ID • 667-4633 • [www.aa.org](http://www.aa.org)  
 Idaho Drug Free Youth • 610 W. Hubbard, Ste 123 • Coeur d'Alene, ID • 664-4339 • [www.idahodrugfreeyouth.org](http://www.idahodrugfreeyouth.org)  
 Idaho Meth Project • PO Box 738 • Boise, ID • 1-888-331-2060 • [www.idaho.methproject.org](http://www.idaho.methproject.org)  
 STAR Ministries • 474 Cherry Lane • Coeur d'Alene, ID • 634-6475 • [www.savingteensatrisk.com](http://www.savingteensatrisk.com)

## Support Networks/Groups

AMEND Center • 520 Government Way • Coeur d'Alene, ID • 665-2432 • [www.amendcenter.com](http://www.amendcenter.com)  
 American Cancer Society • 920 W. Washington St., Ste 200 • Spokane, WA • 509-242-8306  
 American Childhood Cancer Organization Inland Northwest • PO Box 8031 • Spokane, WA • 509-443-4162 • [www.acco.org/inlandnw](http://www.acco.org/inlandnw)  
 American Heart Association • 140 S. Arthur St., Ste 610 • Spokane, WA • 509-536-1500 • [www.heart.org](http://www.heart.org)  
 Anna Schindler Foundation • 6700 S. Stateline Rd. • Post Falls • 777-8985 • [www.annaschindlerfoundation.org](http://www.annaschindlerfoundation.org)  
 Bereaved Parents of the USA • Coeur d'Alene, ID • 773-5684 • [www.nidbereavedparents.org](http://www.nidbereavedparents.org)  
 Grandparents Raising Children • 3265 16th Ave. • Post Falls, ID • 777-9851  
 Idaho Kinship Project • 3202 Wedgewood Loop • Coeur d'Alene, ID • 769-7096, 665-8975 • [www.kootenaialliance.org/subcommittees](http://www.kootenaialliance.org/subcommittees)  
 Idaho Joint Military Family Programs • 1-888-344-1198 • [nationalguard.idaho.gov/FamilyPrograms](http://nationalguard.idaho.gov/FamilyPrograms)  
 Inland NW SIDS Foundation • PO Box 474 • Rathdrum, ID • 557-4371 • [www.inwsids.org](http://www.inwsids.org)  
 Lake City Moms' Club • 1470 W. Hanley Ave • Coeur d'Alene, ID • 262-9522 • [www.lakecitymomsclub.org](http://www.lakecitymomsclub.org)  
 Mothers Against Drunk Driving (MADD) • PO Box 362 • Hayden, ID • 660-6390 • [www.madd.org](http://www.madd.org)  
 NAMI Far North • PO Box 2415 • Sandpoint, ID • 597-2047 • [www.nami.org/sites/namifarnorth](http://www.nami.org/sites/namifarnorth)  
 NAMI National Alliance on Mental Illness • PO Box 1082 • Coeur d'Alene, ID • 691-9674 • [www.namicoeurdalene.org/](http://www.namicoeurdalene.org/)  
 North Idaho AIDS Coalition • 2201 Government Way, C • Coeur d'Alene, ID • 665-1448 • [www.northidahoaidscoalition.org](http://www.northidahoaidscoalition.org)  
 Panhandle Autism Society • 411 N. 15th St., Ste 105 • Coeur d'Alene, ID • 755-7647 • [panhandleautismsociety.org](http://panhandleautismsociety.org)  
 United Cerebral Palsy of Idaho, Inc • 5420 W. Franklin, Ste A • Boise, ID • 888-289-3259 • [www.ucpidaho.org](http://www.ucpidaho.org)

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