

FREE

Winter  
2019

# NORTH IDAHO FAMILY

M A G A Z I N E

*Celebrating Over 20 Years!*



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

*Inside:*  
The Truth About Bullying  
Family Day in the Park 2019  
25 Fun Things to do this Winter

**NORTH IDAHO  
HIGHER EDUCATION**

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**Coeur d'Alene, Idaho**  
[NorthIdahoHigherEducation.org](http://NorthIdahoHigherEducation.org)

## FOR MORE INFORMATION

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Lewis-Clark State College Coeur d'Alene | [www.lcsc.edu/cda](http://www.lcsc.edu/cda) | (208) 666-6707

University of Idaho Coeur d'Alene | [www.uidaho.edu/cda](http://www.uidaho.edu/cda) | (208) 667-2588

Boise State University | [sspa.boisestate.edu/socialwork](http://sspa.boisestate.edu/socialwork) | (208) 426-1568

Idaho State University | [www.isu.edu](http://www.isu.edu) | (208) 373-1798

For advertising information,  
 or item for inclusion  
 in the next issue:

**208.667.2314**

Refer to ad on page 11.

**www.nifamily.com**

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**ACKNOWLEDGEMENTS:**

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**the Group**  
*North Idaho Family*  
**Scoop**

The North Idaho Family Group has re-tooled our communication to area nonprofits to focus on more direct, relevant, educational information for area nonprofits and North Idaho Family Group members, supporters and partners. *That's The Scoop!*

Sign up today at [www.nifg.org](http://www.nifg.org)

**Welcome!**

For over 20 years the North Idaho Family Magazine and its companion website, [nifamily.com](http://nifamily.com) have provided:

- Hundreds of local features on things that matter to North Idaho families.
- The N.I.C.E. calendar for charitable events planning.
- Connections through social media.

**North Idaho Family Group:**

The North Idaho Family Group is a 501(c)3 nonprofit organization whose mission is building healthy families and lifelong learning in our community, predominantly by being a backbone organization for other area nonprofits and projects, in addition to its own products and services.

**What We Do:**

- North Idaho Services Directory ([niseservicesdirectory.com](http://niseservicesdirectory.com)) See pg. 22.
- Education Information Center ([edinfocentercda.com](http://edinfocentercda.com)) See pg. 6.
- Marketing & Communications to area nonprofits and agencies.

**SAVE THE DATE:**  
**June 7: Family Day in the Park**  
**FREE participation.**  
**Information on page 10**

**North Idaho Nonprofits: GET CONNECTED!**

**Join the North Idaho Family Group**

For your \$100 annual investment you will receive:

- A 250 - word article in up to three issues (Preference for articles is always given to Members)
- FREE vendor booth at Family Day in the Park
- One-time \$150 gift certificate toward an ad or ad program
- Member Directory listing in magazine, and a link on [www.nifg.org](http://www.nifg.org)
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

**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

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# Celebrating over 20 Years of Nonprofit Collaboration



## The History:

It started with a handful of people bumping into each other, way too often. It led to a group of community minded leaders in about 1995 meeting monthly to address how Kootenai County nonprofit and service organizations could work together for everyone's mutual benefit.

By August of 1996, Karen Cotton, ( Idaho Department of Health and Welfare), Chris Gee, (Mountain States Early Head Start), Morgan Richardson, and a few others, formed the Kootenai Alliance for Children and Families, which was officially incorporated in November of 1997.

Meanwhile, Kagey Company was publishing numerous regional nonprofit newsletters for civic and other organizations. Publisher, Kiki Miller, convinced a few of the organizations to join together to create a three-times-a-year family news publication and to merge their mailing lists to both save money & increase their audience.

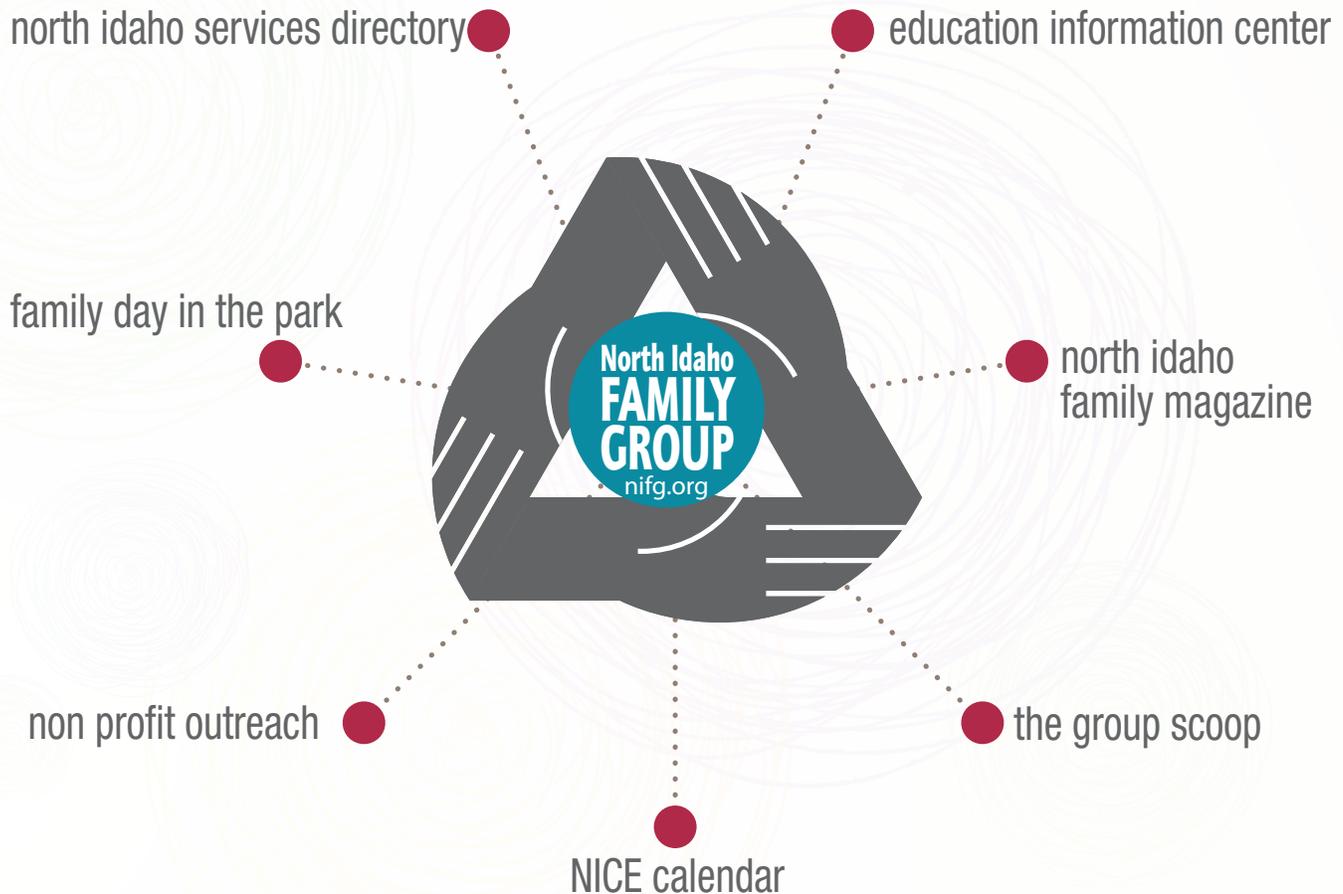
A partnership with the Kootenai Alliance for Children and Families and The North Idaho Family Magazine was forged, and successfully accomplished promoting collaboration, bringing organizations and programs together, and reducing the duplication of services.

The Kootenai Alliance for Children and Families had multiple projects, participants, and collaborations, but its major grant focused its work on teen substance abuse prevention. At the fulfillment of that grant, the KACF, concluding its work dissolved, completing a successful era of positive community impact.

As KACF transitioned out of the sector, The North Idaho Family Group absorbed a portion of the need for collaboration among non-profits while adding more services, membership outreach, communications, and marketing programs in fulfilling its mission of healthy families and lifelong learning. "It was a natural transition that allowed for expanding programs that aligned with the mission. I've been proud to be part of it," said Shelly Zollman, NIFG Executive Director. "The North Idaho Family Magazine is now one of the many successful programs operated by the ever growing North Idaho Family Group." "I am pleased it has become a mainstay in the region and happy to continue to support the good work of the North Idaho Family Group," said former publisher Kiki Miller.

## Today:

The North Idaho Family Group has continued to build programs and foster collaboration towards their “Healthy Family and Lifelong Learning” Mission, including:



## Join Us!:

### For your \$100 annual investment you will receive:

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- One-time \$150 gift certificate toward an ad or ad program
- Member Directory listing in magazine, and a link on [www.nifg.org](http://www.nifg.org)
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

### 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

## Excited to Learn More?:

For a live presentation about everything the North Idaho Family Group does for the community at your civic club, church, or organization, contact Shelly Zollman, Executive Director of NIFG at [community@nifamily.com](mailto:community@nifamily.com).



Seniors! Parents! Counselors Educators!

# Questions ... ? It's all HERE: EdInfoCenterCDA.com

Links to Regional Education Information  
from Birth through Retirement

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- Use It
- Contact us for Help

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## EdInfoCenterCdA.com

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- College counseling
- News blogs
- Professional Tech
- Preschool options
- Education savings plans
- Drivers training
- Home school standards
- Career planning
- Glossary of terms
- School district links

**Knudtsen**  
CHEVROLET

## EdInfoCenterCDA.com: 5 years and growing!

The Education Information Center has been up & running for over 5 years, and continues to provide the most comprehensive local Pre-K through Career education links and resources in the region.

- Hundreds of monthly new and return users
- Updated Weekly
- New sponsor involvement available
- On FIRST page of Google results for dozens of regional education-related searches



## NIC Adult Education Classes Now Enrolling

The North Idaho College Adult Education Center in Coeur d'Alene is now accepting students for the new session beginning March 4, 2019.

NIC's Adult Education provides instruction for individuals, 16 years of age and older, not currently enrolled in any public high school who want assistance to prepare for the GED Test. Adults who have graduated but still have a desire to upgrade their skills are also welcome. The staff and instructors at NIC meet with students to assess their needs and goals, determine their current education level, and create an education plan. Tuition is free, and most learning materials are provided. Instructor-led classes are conveniently offered during both days and evenings.

Understanding basic math, writing, and reading skills gives individuals a solid foundation for future educational opportunities, higher earning potential, and improved quality of life.

### What People Are Saying:

"As a student in the NIC Adult Education Center's night program, I had a positive experience with an instructor who was helpful and very encouraging. I recommend the program to anyone who is trying to pass the GED tests or who wants to upgrade their skills." - Melissa L.

"It was important for me to get my GED so I can pursue a teaching career. I had an amazing math instructor who was supportive and delivered fun, creative daily lessons. I know I will be well prepared as I begin my college studies." - Kayla C.

"My experience at the NIC Adult Education Center was very positive. The instructor was extremely knowledgeable and helpful. I would recommend this program to anyone who wants to complete their GED studies. Classes are fast-paced and the environment is light-hearted and fun. My goal is to pursue an associate degree in art at North Idaho College." - Victoria B.

## Explore the Trades!



North Idaho Building Contractors Association and Home Depot are teaming up for a 2-day event to introduce the building industry trades to local students.

Idaho State University designed the Construction Combine event and hopes to have similar events through out Idaho in 2019. The event will be at the KTEC facility April 11th and 12th 2019.

Students from Coeur d' Alene, Post Falls and Lakeland School districts will have the opportunity to learn from local professionals about plumbing, electrical, framing, roofing, concrete, drywall, siding and masonry trades. The event starts with safety training and then continues with the students spending one-hour learning from each of the professionals about their trade.

The second day students use what they learned the first day to construct 8' x 10' sheds. The sheds will be donated to area veterans.

The demand for homes in our area continues to grow. The NIBCA and Home Depot recognize the need for a strong workforce in our area to keep up with the housing demands.

INFO

info@nibca.com



Marty Bruner, NIC AEC Advisor (right) with AEC Student

INFO

www.nic.edu/ged  
208-665-5099

**25 THINGS YOU SHOULD KNOW**

Catch them ALL in one place!

[www.cdaschools.org / 25things](http://www.cdaschools.org/25things)

#CdASchools25things



# Important deadlines for 2019 High School Seniors

NOW is the time to apply for financial aid & scholarships for the 2019/2020 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.

- 2019/2020 FAFSA (Free Application for Federal Student Aid) is available NOW (FAFSA.ed.gov – Make sure to use THIS site to apply).
- Early 2019: Deadline for CSS / Financial Aid PROFILE Application (found at CollegeBoard.org)
- March 1, 2019: 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.)
- February, March, & April are the main scholarship deadline months. Visit [edinfocenter.cda.com/ Pay-for-School/ North-Idaho-Scholarships](http://edinfocenter.cda.com/Pay-for-School/North-Idaho-Scholarships) for local & regional scholarship opportunities.
- Contact your student's potential colleges to find out about school-specific scholarship opportunities and financial aid deadlines.

Don't wait! FAFSA changed in 2017 so that students now use "prior-prior" year tax information when reporting personal & family income. It is better to start the process than to wait and risk missing deadlines.



# Assistance for Kids with SLDs



The Wired2Learn Foundation serves an invisible population of students who are falling through the cracks of our public and private education system. These are the 20% of students who have Specific Learning Disabilities (SLDs) such as dyslexia, auditory processing disorder and ADHD.

These children, if they don't get our help:

- Are 2-3 times more likely to abuse drugs
- Half of them will be in trouble with the law
- Are 3 times more likely to drop out

The Wired2Learn Foundation partners with Wired2Learn Academy, a new school in Post Falls to provide scholarships and tuition assistance. Wired2Learn Academy provides an innovative education model that brings the best of modern brain science into the classroom.

Research shows that with our help, these children can grow up to be have successful lives and incredible innovators that help humanity

Examples include:

- Richard Branson
- Leonardo da Vinci
- Albert Einstein



What you can do:

- Visit us at [www.w2lfoundation.com](http://www.w2lfoundation.com)
- Join our mail list
- Join us on Facebook at: <https://www.facebook.com/groups/wired2give/>

INFO

[www.w2lfoundation.com](http://www.w2lfoundation.com)  
[facebook.com/groups/wired2give](https://www.facebook.com/groups/wired2give/)



# Help! I have a ten-year-old girl who doesn't like to read.

A friend recently posted this question on Facebook. 127 comments later indicated this is a worthwhile discussion to help other families.

Statistics clearly show that reading is one of the most fundamental skills children need to learn to be successful.

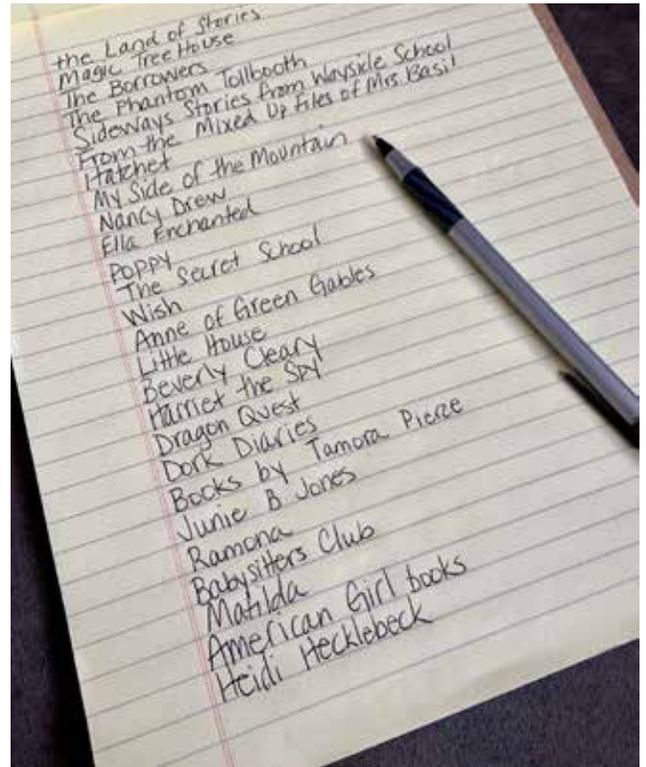
But what if your child doesn't like to read? Some reasons may be:

- Your child feels like reading is a chore.
- Your child has difficulty reading.
- Your child thinks reading is boring.
- Your child hasn't found books that they enjoy.

A quick Google search returns many suggestions for encouraging your child to read, and here are a few great tips gleaned from North Idaho families who have encountered this struggle and found success:

- Take turns reading chapters (or even paragraphs) with your child before bed.
- Explore MANY different genres & mediums: fiction, non-fiction, sci-fi, gaming, comic books, newspapers, magazines, local publications like the Nickels Worth or travel guides -- Even song lyrics! Sometimes it's just a matter of finding the right thing! One parent said that "realistic fiction" was the key for her child, because her child didn't like "make believe" stories, but rather something she could believe COULD happen. Another parent suggested finding books that are similar to TV Shows that your child enjoys.
- Try audiobooks or podcasts, that may spark interest and imagination towards pursuing other books.
- Find books that focus on the thing your child enjoys, e.g. animals, science, etc.
- If a child seems to be struggling, sometimes choosing a book that is a grade-level lower can give them confidence.
- Build anticipation! Don't finish a chapter or "event" in a book ... stop when it's getting good and let the desire to know "What's Next" grow.
- Buy multiple copies of a book - Parents read aloud in different voices as their kids follow along.

Don't give up! It may take a little extra effort to help your child find something they enjoy reading, but it's worth the pay off!



List compiled by Ada Rouse of Coeur d'Alene





*Save the Date!*

**June 7, 2019**  
**City Park & Beach**  
 Downtown Coeur d'Alene  
[familydaycda.com](http://familydaycda.com)

Exciting new  
 Features/Activities  
 in the Works!  
 "Like" the Facebook  
 Page for details!

# JUNE 7, 2019 NOON TO DARK

IN COEUR D'ALENE CITY PARK

Annual Last Day of School Family Fun Celebration!

Free • Free • Free • and mostly Free!!!!

- Fancy Flea Market
- Tastes of North Idaho, dozens of area restaurant samples
- Bandshell Entertainment
- Nonprofit outreach / activity booths, lots of give-a-ways
- Food Court and beer Garden
- Skate Park events
- Bounce Houses
- Cultural Center Presentations
- Fire engines, police cars and interactive heavy equipment
- FREE Books, Bike tune ups, face painting and more
- Encore stage performances all day
- Petting zoo
- PaddleFest on water exhibitions
- Swag Bags

## Don't miss out!

OFFICIAL WEBSITE: [FAMILYDAYCDA.COM](http://FAMILYDAYCDA.COM) FACEBOOK: [FACEBOOK.COM/CDAFAMILYDAYINTHEPARK](https://FACEBOOK.COM/CDAFAMILYDAYINTHEPARK) PHONE: 208-699-0126



## 2019 Family Day in the Park Sponsorship Opportunities



**ATTENTION VENDORS, NONPROFITS, CIVIC GROUPS :: SAVE THE DATE! - JOIN US FOR THE PREMIER, OLD FASHIONED FAMILY FUN EVENT IN THE REGION.**

With over 4,000 attending in 2017, the spring 2018 event promises to be bigger and better. Flea Market space by reservation. Save your best stuff now, plan on a great sale in the spring! Contact us for vendor, volunteer, sponsor or organization participation and planning information.

- Title Sponsorship** (*EXCLUSIVE. Includes but not limited to: Activity Sponsor benefits plus company name title, listing on event banner at park, additional ad in winter issue, cover page listing on Event Program*)
- Activity Sponsor** (*Includes but not limited to: Major benefits + banner at event activity, recognition/signage in all event marketing*)
- Major Sponsor** (*Includes but not limited to: Partner benefits plus ad in Event Program*)
- Partner** (*Includes but not limited to: Supporter benefits + logo in program*)
- Supporter** (*Includes but not limited to: listing in magazine and announcement at event*)
- Vendor** (*non-member*)

### SPONSORSHIP/VENDOR INFO:

**OFFICIAL WEBSITE: [FAMILYDAYCDA.COM](http://FAMILYDAYCDA.COM) FACEBOOK: [FACEBOOK.COM/CDAFAMILYDAYINTHEPARK](https://www.facebook.com/cdafamilydayinthepark) PHONE: 208-699-0126**

## SUBSCRIBE to North Idaho Family Magazine!

JOIN OUR MAILING LIST to receive your FREE copy! Visit [www.nifamily.com/contact-us](http://www.nifamily.com/contact-us) or Email [Community@NiFamily.com](mailto:Community@NiFamily.com) with your name and Mailing Address and we'll add you to the list!



### Distribution:

Counter & rack locations, schools and member organizations throughout Kootenai County. Entire magazine appears on [www.niFamily.com](http://www.niFamily.com).

## Advertising Rates

- Sponsorship - tailored to your needs!**
- Back Cover** (8.5"w x 8.5"h + .125" bleed)
- Inside Cover - Front | Back** (8.5"w x 11"h + .125" bleed)
- Full Page** (8.5"w x 11"h + .125" bleed)
- 1/2 Page** (7.5"w x 4.75"h)
- 1/4 Page** (3.67"w x 4.75"h)
- 1/8 Page** (3.67"w x 2.25"h)

	Single Issue	2 Issues each	3 Issues each
	\$2500	\$2250	\$2000
	2000	1850	1700
	1700	1500	1300
	1500	1350	1200
	800	700	600
	500	475	450
	300	275	250

*Rates include standard production. Additional fees for unusual production.*

# The Not-So-Sweet Truth about Sugar

Did you know that there are about 56 different names for sugar? Some at least HAVE “Sugar” in the name. Here are a few trickier ones:

- |              |                 |                  |                              |
|--------------|-----------------|------------------|------------------------------|
| 1. Dextrose  | 5. Lactose      | 9. Barley Malt   | 13. Brown Rice Syrup         |
| 2. Fructose  | 6. Maltose      | 10. Dextrin      | 14. Evaporated Cane Juice    |
| 3. Galactose | 7. Sucrose      | 11. Sucanat      | 15. High Fructose Corn Syrup |
| 4. Glucose   | 8. Agave Nectar | 12. Maltodextrin |                              |

From marinara sauce to peanut butter, added sugar can be found in even the most unexpected products.

Many people rely on quick, processed foods for meals and snacks. Since these products often contain added sugar, it makes up a large proportion of their daily calorie intake.

In the US, added sugars account for up to 17% of the total calorie intake of adults and up to 14% for children.

Dietary guidelines suggest limiting calories from added sugar to less than 10% per day.

Experts believe that sugar consumption is a major cause of obesity and many chronic diseases, such as diabetes.

Here are 10 reasons why eating too much sugar is bad for your health.

- |                                            |                                          |
|--------------------------------------------|------------------------------------------|
| 1. Can Cause Weight Gain                   | 6. May Increase Your Risk of Depression  |
| 2. May Increase Your Risk of Heart Disease | 7. May Accelerate the Skin Aging Process |
| 3. Has Been Linked to Acne                 | 8. Can Increase Cellular Aging           |
| 4. Increase Your Risk of Diabetes          | 9. Drains Your Energy                    |
| 5. May Increase Your Risk of Cancer        | 10. Can Lead to Fatty Liver              |



In coming issues of the North Idaho Family Magazine we'll be looking at different diet trends, sorting out the “hype” from the truth, and what different diets mean for you and your family.

View the complete article at: <https://www.healthline.com/nutrition/too-much-sugar>

## Snackles!

### Ingredients

- 1 cup rolled oats
- 1 cup oat flour
- 1/3 cup raisins
- 1/4 cup unsweetened finely shredded coconut or hemp seeds
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 tsp lemon or orange zest (optional, but adds a beautiful essence)
- 1/4 teaspoon sea salt
- 1/2 cup unsweetened applesauce (see note for substitution)
- 1/4 cup pure maple syrup (see note)
- 2-3 tablespoons non-dairy chocolate chips (optional)

### Instructions

Preheat the oven to 350°F. Line a baking sheet with parchment paper.

In a large bowl, combine the oats, oat flour, raisins, hemp seeds, baking powder, cinnamon, zest, salt and nutmeg, stirring to mix well.

Add the applesauce, maple syrup, and chocolate chips. Stir until well incorporated.

Use a cookie scoop (or take spoonfuls, about 1-1 1/2 tablespoons in size) to transfer mounds of the batter to the baking sheet.

Bake for 14 to 15 minutes, remove from the oven, and let cool on the pan for about a minute, then transfer to a cooling rack.

Notes:

**Savvy Substitutions and Additions:** You can substitute 1/2 cup of pureed overripe banana for the applesauce. Since very ripened banana is typically sweeter than unsweetened applesauce (and also a little thicker) you can then reduce the maple syrup to 2 to 3 tablespoons and add 1 to 2 tablespoons of nondairy milk.

**Sweetener Note:** To make these snackles slightly sweeter, add either extra raisins, or 1 to 2 tablespoons of an unrefined sugar as Sucanat or coconut sugar. You can also add another 1 tablespoon of maple syrup (note that adding much more liquid sweetener will change the consistency of the batter).





# Our Community AT A GLANCE



### HAYDEN CANYON CHARTER SCHOOL

Hayden Canyon Charter is a new expeditionary school of Arts & Sciences serving K-8th grade and is currently accepting enrollment for the 2019/2020 school Year! Application deadline is 5:00pm on March 11. Visit [haydencanyoncharter.org](http://haydencanyoncharter.org) for more info.

### NEW FACES AT UNITED WAY OF NORTH IDAHO

United Way of North Idaho recently announced new members of their team: On the Board front, Kristina Lallatin of Lakeside Accounting will serve as board Treasurer, and Hailey Harlicker of Litehouse, Inc. will fulfill the organizational goal of representing communities outside of Kootenai County.

On the professional side, Kerri Wilfong began her role as Finance & Administrative Specialist at the beginning of the year. Wilfong brings a plethora of nonprofit experience from organizations such as Lutherhaven, the Salvation Army Kroc Center, Arts & Culture Alliance, and Kootenai Alliance for Children and Families

### IDFY BOARD OF DIRECTORS

Andrew Evenson from Evenson Chiropractic recently joined the Board of Directors of Idaho Drug Free Youth.

### IDAHO EDUCATION NEWS

New NIFG Member, Idaho Education News, based in Boise, ID, will be in North Idaho in March. Representatives from Idaho Education News in Boise will be in Coeur d'Alene on Wednesday, March 6 to share about their organization and answer questions from local education stakeholders. Location is tentatively the Coeur d'Alene Chamber of Commerce Conference Room, but may change to the Higher Education Building at Harbor Center depending on number of RSVPs.

RSVP here: <https://www.eventbrite.com/e/idaho-education-news-north-idaho-forum-tickets-55233792761>



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9095 N. Hess St, Hayden – 772-8940



# Heritage Health

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IN NORTH IDAHO

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"FAMILY DAY  
IN THE PARK"  
JUNE 7, 2019

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Follow Us!



# Mobile clinic delivers much needed health care to high school students

Despite their perceived aura of invincibility, teenagers get sick, they hurt themselves, or they simply need someone to listen.

This is where Heritage Health's 40-foot mobile clinic comes in to play. The School-Based Health Center serves hundreds of students across North Idaho every week.

"Having the mobile clinic at our high school is great," said Teresa Kaiser, principal of Venture High School. "The reality is that once a student leaves campus for a doctor's appointment, they often don't come back for the day. This way, they don't lose any time or academic momentum. We're so grateful to have Heritage Health here."

Typically, about half of the students are seen for a variety of medical issues and the other half are seen for mental health concerns such as depression, anxiety, or stress.

"National research shows at least 25% of children, teenagers and young adults are dealing with stress, anxiety and/or depression," said Gina Prindle, the Director of the School-Based Health Center. "We are able to help students with proven methods and coping strategies."

Prindle, who is a certified Pediatric Primary Care Mental Health Specialist, said a new mental health counseling program consists of seven, 30-minute sessions.

"These sessions can help kids change the negative thought patterns that can result in depression and anxiety," said Prindle.

The mobile clinic can provide a wide array of medical services, including vaccinations, checking for strep throat, ear infections, mono, sexually transmitted infections, and treating minor injuries.

Heritage Health takes most forms of health insurance and it has sliding fee scale based on income. No student will be refused care due to inability to pay. Medications can be sent to the student's preferred pharmacy.

Parental Consent Forms can be found on the Lakeland School District website or on the mobile clinic. If a student does not have a signed parental consent and asks for medical care, all efforts will be made to contact their parents or legal guardian. According to Idaho State Law, patients over the age of fourteen may consent for their own healthcare.



Gina Prindle, Director

**INFO**

208.661.1603  
gprindle@myheritagehealth.org



photo credit: Tom Torgerson



## EVENSON CHIROPRACTIC

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~ Pain relief for neck & back, headaches, sciatica ~

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916 W Ironwood Dr. Suite 1  
Coeur d'Alene, ID 83814  
(208) 769-4800





# Diaper Bank Helps Local Families

A new service has recently become available to local parents that helps reduce the cost burden of diapers.

Organized by Mountain States Early Head Start, the diaper bank is the first of its kind in North Idaho, and was created in collaboration with the Idaho Diaper Bank, United Way of North Idaho, Nurse Family Partnership, Inland Northwest SIDS Foundation, and the Community Library.

Mountain States Early Head Start is able to offer each enrolled family 50 high-quality diapers per month. "This is especially important as sometimes families have to make the heart-wrenching decision to not change their child's diaper as often as needed in order to put food on the table or gas in the car. One out of every three families in the U.S. struggles to afford diapers ([nationaldiaperbanknetwork.org](http://nationaldiaperbanknetwork.org)). Without clean diapers, children cannot participate in childcare, which means parents cannot go to work or school," said Kimberley Seitz of Mountain States Early Head Start.

These diaper donations enable hard-working families to stretch their dollars while also helping to assure that each child has ongoing access to clean diapers to help prevent rashes and discomfort.

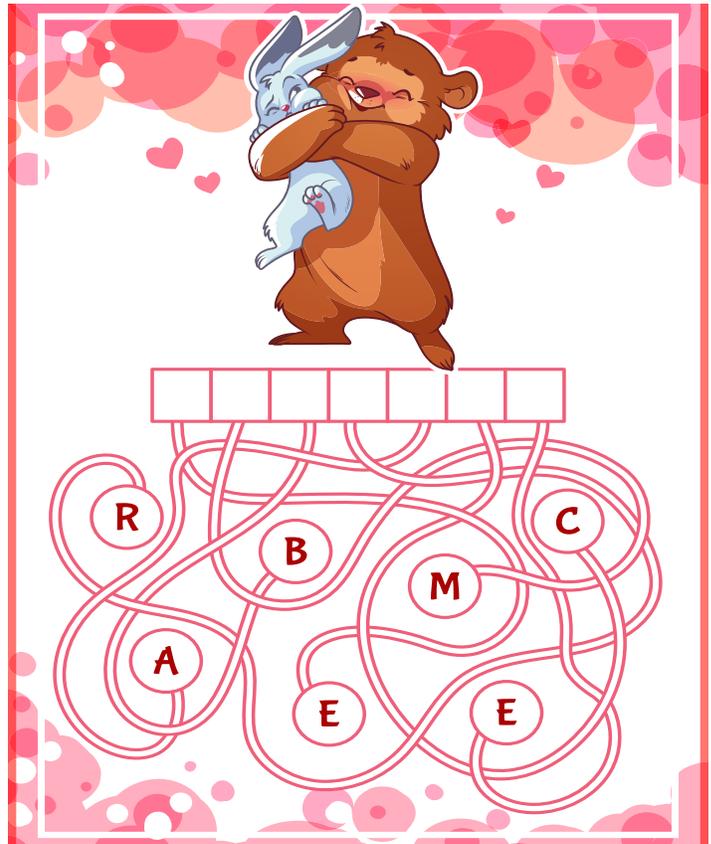
Mountain States Early Head Start provides comprehensive, free early child development services to prenatal women and children birth to age three in Kootenai, Shoshone, and Bonner counties. Services are provided that support attachment and help set a strong foundation for later success in school. Through numerous grants, they have also been able to provide free community parenting education, using a research-based attachment intervention designed to support vulnerable families who have experienced trauma or need additional support.



**INFO** [msehs.org](http://msehs.org)  
[nationaldiaperbanknetwork.org](http://nationaldiaperbanknetwork.org)

## Fun with Puzzles!

VALENTINE'S DAY MAZE... FIND THE WAY



ST. PATRICK'S DAY WORD SEARCH





# 25 Fun Things to do with Kids

tear out and save

**1.** Create colored ice spheres! Fill water balloons with water and food coloring. Leave outside to freeze and then peel the balloon off of the colored ice and line your sidewalk or driveway.



**2.** Do all the holiday puzzles in this issue! The Valentine maze, the St. Patrick's Day Word Search, and the Easter "Find the Differences!"

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

**4.** Bundle up & go sledding! Designated Sledding Destinations:  
Cherry Hill - near the fire station off 15th Street  
Lost Avenue - Dollar Street to 15th Street  
South Dollar Street - The area south of Sherman Avenue  
Boyd Avenue - 9th Street to 10th Street



**5.** 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!



**6.** Time flies so get a jump on college planning! Sit down with your kids and talk about college and the future - Make a plan, including a list of questions. Visit [edinfocenter.cda.com](http://edinfocenter.cda.com) for ideas.

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

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

**9.** Plan your fantasy summer vacation - Check out warm weather websites and magazines, and plan a future getaway with friends and family.

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



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

**12.** Go to the Sandpoint Winter Carnival - Don't miss the Ski Joring! (Feb 15-24)

**13.** Make Snow Cream! (Be sure to use CLEAN snow!!) Use 1 gallon of snow, 1 cup white sugar, 1 tablespoon vanilla extract, and 2 cups of milk. Mix and enjoy!

**14.** 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 1/2 cup of tightly packed parsley leaves.



**15.** Hit the slopes at Silver, Lookout Pass or Schweitzer Mountain. Free Ski/Snowboard lessons at Lookout Pass! Before you go, compare the mountains online. How much snow? What is their altitude?



**16.** Learn about Geocaching ([www.geocaching.com/guide](http://www.geocaching.com/guide)) - They're like a combination of a treasure hunt and a scavenger hunt - and then find Geocaches near you.

**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.** Channel your inner geek - Check out "Hour of Code" at [www.khanacademy.org](http://www.khanacademy.org) or [www.code.org](http://www.code.org). Ages 6-106.



**22.** Go watch a basketball game at North Idaho College. Visit [nicathletics.com](http://nicathletics.com) for team schedules.

**23.** Have a "Tech-Free" Weekend ... Read books, watch a classic movie, play games!

**24.** Get ready for race season! Start with the Hauser Lake 10K Ice Breaker Run!

**25.** Make Hot Cocoa from scratch.





**KEEP YOUR DREAMS  
IN DRIVE.**

**CALL ME TODAY AT (208) 209-4321.**

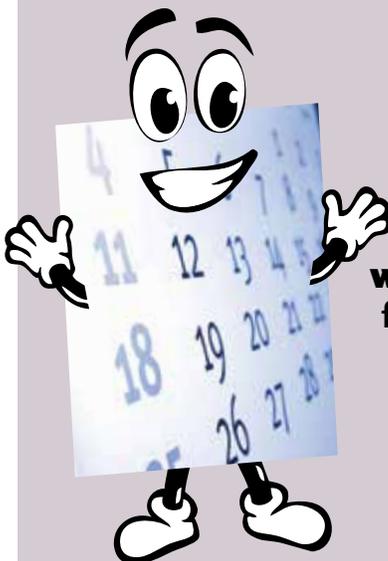
**Miranda Hamilton, Agent**  
8246 N Government Way  
Hayden, ID 83835  
mhamilt5@amfam.com  
amfam.com



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# North Idaho Charitable Events Calendar

**FREE**



Visit  
**www.nifamily.com**  
for a complete list of  
community events.

- Jan 25-27** Banff Mountain Film Festival | Kroc Center
- Feb 2** Hospice Wine Taste 2019 "The Heart of it All" @ the Hospice NI Campus | hospicewinetaste.org
- Feb 7** 2019 CDAIDE Care Affair | CDA Resort
- Feb 8** Downtown Coeur d'Alene Chocolate Affair | cdadowntown.com
- Feb 9** Family Promise Northwest Fest & Salmon Feast @ Cd'A Eagles
- Feb 15** The Sweetheart Ball: Habitat for Humanity fundraiser | northidahohabitat.org
- Feb 15-24** Sandpoint Winter Carnival | sandpointwintercarnival.com
- Feb 16** Mardi Gras "Krewe d'Alene" to benefit the Coeur d'Alene Arts & Cultural Alliance | artsandculturecda.org
- Feb 23** STEMghetti Dinner and Auction @ Cd'A Eagles
- Feb 23** Northern Regional Winter Games, Special Olympics Silver Mountain | idso.org
- Mar 2** Wine, Stein and Dine, Post Falls Education Foundation Fundraiser | pfefwsd.org
- Mar 2** CDA Charter Soup/Chili Cookoff | cdacharter.org
- Mar 8** Sorensen Magnet School Auction & Soiree @ Cd'A Resort
- Mar 8** CCS Annual Auction & Dinner @ Christian Center School
- Mar 9** Matt's Place Foundation Pub Crawl | Downtown CDA
- Mar 9** TESHfest | teshinc.com
- Mar 9** The Sweethearts' Ball | Camp Journey Benefit
- Mar 9** Leprechaun Scurry @ Lake City High School
- Mar 19** North Idaho CASA Ray of Hope Community Luncheon northidahocasa.com
- Mar 23** Children's Village Annual Spring Benefit @ Coeur d'Alene Resort thechildrensvillage.org
- Apr 5** 8th Annual Cowboy Ball @ Kootenai County Fairgrounds
- Apr 27** Aw\$um Auction, Coeur d'Alene Chamber Fundraiser cdachamber.com
- Apr 27** Spring Dash - United Way of Kootenai County unitedwayofnorthidaho.org
- May 2** Idaho Gives | idahononprofits.org
- May 11** North Idaho Veterans' StandDown | Kootenai County Fairgrounds | stvincentdepaulcda.org
- May 23** 1st Annual BACONFest - to Benefit St. Vincent de Paul - Silver Lake Mall
- June 7** Family Day in the Park & Fancy Flea Market @ Coeur d'Alene City Park



# The Truth about Bullying



When we distributed the Fall issue of the North Idaho Family Magazine, we asked parents, school administrators, and teachers about topics they'd like to see covered in future issues of the North Idaho Family Magazine. From pre-school teachers through middle school age, the overwhelming response was bullying. Administrators in elementary schools said that there is still confusion as to what constitutes "bullying." A pre-school teacher told us that "you would be amazed at just how early bullying can start."

As a parent, we all hope that our child will neither BE bullied, or BE a bully. Communication is critical.

The Coeur d'Alene School District website includes information for Parents and Students on their Anti-Bullying Initiative, including a "Stand Up, Speak Up" section that includes a "Report a Bully" form, information about their online reporting system, in addition to their Policy on Bullying and a Parent Guide to Bullying PDF. These resources can be found at [www.cdaschools.org/Domain/2000](http://www.cdaschools.org/Domain/2000).

## WHAT IS BULLYING?

The uniform definition describes bullying as "any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated."

To be considered an act of bullying, the following must be present:

- There is aggressive behavior by another student or group of students
- The behavior creates an imbalance of power between the bully and the victim, either socially or emotionally
- The behavior has been repeated

## HOW DO I RESPOND?

Things to do immediately:

- Intervene immediately. It is ok to get an adult to help.
- Separate those involved.
- Make sure everyone is safe.
- Meet any immediate medical or mental health needs.
- Stay calm. Reassure those involved, including bystanders.
- Model respectful behavior when you intervene.
- See the [stopbullying.gov](http://stopbullying.gov)'s site for more ways to respond

## IF YOU THINK SOMEONE IS IN DANGER:

- Contact the SPAN (Suicide Prevention Action Network) of Idaho or call 1-800-273-8255
- Call the local police:  
Kootenai County Sheriff - (208) 446-1300  
Coeur d'Alene Police Department - (208) 769-2320  
Hayden Lake Police Department - (208) 772-2161

**IS IT REALLY BULLYING?**

**RUDE**  
When someone says or does something upsetting, but they weren't trying to be hurtful and they don't continue to act that way.

**MEAN**  
When someone says or does something on purpose to be hurtful, but they don't keep doing it.

**BULLYING**  
When someone says or does something on purpose to be hurtful and they keep doing it- even when you tell them to stop or show them you are upset.

## 2019 Summer Camps

The North Idaho Family Magazine Spring Issue will include our annual "Let's Go to Summer Camp!" section, with comprehensive information on 2019 Summer Camps, including Residential Camps, Day & Week Camps, Educational Camps, Art & Theater Camps, Sports Camps, Special Needs Camps and more.

If you are involved with an organization, church, or school that has a summer camp, let us know so we can include it in our Spring Issue!

Visit [nifamily.com/north-idaho-summer-camps/](http://nifamily.com/north-idaho-summer-camps/) for a sneak preview.



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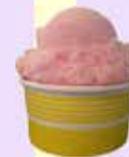
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[eatthisice@gmail.com](mailto:eatthisice@gmail.com)

Instagram: #eatthisice



# 10 WAYS TO HELP SENIORS DEAL WITH ISOLATION AND DEPRESSION

1. **Treat sleeping problems:** Many seniors who live alone are prone to sleeping problems which can aggravate depression.
2. **Promote a sense of purpose:** Struggle with depression is much tougher for people who've lost their sense of purpose in life
3. **Encourage social interaction:** Don't let your loved one deal with depression on their own: encourage them to visit friends and extended family, take part in group outings, and attend community events.
4. **Keep them physically active:** Research found that physical activity can be a lifesaver for aging persons.
5. **Make sure they eat healthy:** Dealing with an aging person's depression is easier if you know what foods to serve them.
6. **Entrust them with a chore:** Seniors who live alone often get caught up in a whirlwind of negative thinking. It would be great if you could entrust them with a meaningful responsibility.
7. **Show them they're loved:** Love makes the world go round, and it can help keep a senior's depression under control.
8. **Seek professional help:** Decreases in appetite and behavioral changes can be a symptom of depression getting worse. Contact a mental health professional and sign the senior up for counseling if you suspect the disorder is getting out of hand.
9. **Keep an eye on pills:** In case your depressed family member is using antidepressants, you should make sure they take medications regularly and obey doctor's orders in terms of dosage, lifestyle and diet.
10. **Consider home care:** For senior family members aging in place, you can hire someone to check in on them once a day and help with day-to-day chores such as grocery shopping and bathing.



Caring for a depressed senior isn't always smooth sailing, but it's the best way to show your love and support and make them feel their life isn't pointless. As challenging and stressful as the role of a family caregiver can be at times, I'd never change it. After all, no nurse can provide the unconditional love, understanding, and acceptance to an aging person as their flesh and blood can.

Source: [dailycaring.com/10-ways-to-help-seniors-deal-with-isolation-and-depression](http://dailycaring.com/10-ways-to-help-seniors-deal-with-isolation-and-depression)


 PAWS FOR A MOMENT

## February is Pet Dental Health Month!

Scary stat: 80% of dogs have some form of periodontal disease by the age of three!

Did you know periodontal disease is the most common clinical condition even though it's completely preventable? Taking care of your dog's teeth is a huge part in ensuring overall good health. Dental disease can not only damage your dog's teeth and gums, but his internal organs as well.

Think everything looks ok? Most dental disease occurs below the gum line where you can't see it. Bacteria that you can't see can damage the tissues connecting the teeth and jaw. Brushing your dog's teeth is the single most important thing you can do between professional cleanings.

Bad breath is just one of the signs of underlying dental disease.

ALL of the following are warning signs of possible dental disease in dogs (from the AVMA)

- Redness of the gums
- Bad breath
- Loose teeth
- Discolored teeth
- Broken teeth
- Tenderness around the mouth and/or teeth
- Drooling or dropping food
- Bleeding from the mouth
- Loss of appetite/poor appetite
- Weight loss



Source: [moderndogmagazine.com/articles/february-pet-dental-health-month/101435](http://moderndogmagazine.com/articles/february-pet-dental-health-month/101435)

# MEMBER DIRECTORY

This is a partial list of services provided by members of the North Idaho Family Group and select immediate needs providers. All area codes are 208 unless specified. Visit [www.niservicesdirectory.com](http://www.niservicesdirectory.com) for an ongoing and updated list of North Idaho Immediate & Basic Needs service providers.

## Child/Youth - Services/Support

American Childhood Cancer Organization Inland Northwest | PO Box 8031  
Spokane, WA | 509-443-4162 | [acco.org/inlandnw](http://acco.org/inlandnw)

Boys & Girls Club of Kootenai County | 925 N. 15th St. | Cd'A  
208-618-2582 | 200 W. Mullan Ave. | Post Falls | 208-457-9089  
[northidahobgc.org](http://northidahobgc.org)

Campfire Inland Northwest | 524 N. Mullan | Spokane WA | 509-747-6191  
[campfireinc.org](http://campfireinc.org)

Guardians of the Children | 2315 N Rebecca St | Spokane WA | 509-998-2535  
[guardiansofthechildren.com](http://guardiansofthechildren.com)

Girl Scouts of Eastern Washington & Northern Idaho | 509-747-8091  
[gsewni.org](http://gsewni.org)

Idaho Youth Ranch/Anchor House | 1609 N. Government Way | Cd'A  
667-3340 | [youthranch.org](http://youthranch.org)

Kid Centric Sports Association | 6848 N. Government Way, STE 114, PMB #46  
Dalton Gardens | 659-3130 | [kcsa-kidcentric.org](http://kcsa-kidcentric.org)

Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee  
208-882-6904 | [infanttoddler.idaho.gov](http://infanttoddler.idaho.gov)

## Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave | Cd'A | 292-2359 | [hrei.org](http://hrei.org)

## Crisis Intervention

Emergency, Fire & Police | 911

Child Protective Services | 1120 Ironwood Drive | Cd'A  
855-552-5437 | [healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)

Children's Village | 1350 W. Hanley Ave. | Cd'A | 667-1189 | [thechildrensvillage.org](http://thechildrensvillage.org)

ICARE | 201 E. Harrison Ave | Cd'A | 676-1515 | [icareforchildren.org](http://icareforchildren.org)

Domestic Violence Hotline | 664-9303

Idaho Poison Control Center | ID | 800-222-1222

Idaho Suicide Prevention Hotline | 800-273-8255

Kootenai County Crisis Hotline | 664-1443

Kootenai County Sheriff | 466-1300 or 911

National Center for Missing and Exploited Children | 800-843-5678

Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D  
Cd'A | 625-4884 | [nicrisiscenter.org](http://nicrisiscenter.org)

Post Falls Police Victim Services Unit | 1717 E. Polston Ave. | Post Falls  
773-1080 | [postfallspolice.com](http://postfallspolice.com)

Rape Crisis Line | 661-2522

Safe Passage | 850 N. 4th St. | Cd'A | 664-9303 | [safepassageid.org](http://safepassageid.org)

## Education - Adult

American Institute of Clinical Massage | 4365 Inverness Drive | Post Falls  
773-5890 | [aicm.edu](http://aicm.edu)

Bank On | [www.bankonidaho.org](http://www.bankonidaho.org)

North Idaho College | 1000 W. Garden Ave. | Cd'A | 769-3315 | [nic.edu](http://nic.edu)

North Idaho Higher Education | [northidahohighereducation.org](http://northidahohighereducation.org)

North Idaho College Workforce Training & Community Education  
525 W. Clearwater Loop, Post Falls | ID | 769-3222 | [nic.edu/wtc](http://nic.edu/wtc)

University of Idaho | 1031 N. Academic Way, Suite 242 | Cd'A  
667-2588 | [uidaho.edu](http://uidaho.edu)

## Education - Child

Coeur d'Alene Charter Academy | 4904 N. Duncan Dr | Cd'A | [cd charter.org](http://cd charter.org)

Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.  
Cd'A | [cdaschools.org](http://cdaschools.org)

Coeur d'Alene Education Partnership | Cd'A | 714-4561 | [cdaep.org](http://cdaep.org)

Hope on the Homefront @ Cd'A #271 | 1400 N Northwood Center Ct  
664-8241 x1061 | [cdaschools.org/Page/711](http://cdaschools.org/Page/711)

Idaho Distance Education Academy | 877-1513 | [idahoidea.org](http://idahoidea.org)

Iris' House Pre-School & Childcare | 410 N 20th St | Cd'A | 667-3785

KTEC-Kootenai Technical Education Campus | 6838 W. Lancaster Rd.  
Rathdrum | 208-712-4733 | [ktectraining.org](http://ktectraining.org)

Lake City Figure Skating / Frontier Ice Arena | 3525 W Seltice Way | Cd'A  
603-667-7178 | [lakecityfigureskating.org](http://lakecityfigureskating.org)

Lake City Highland Dance Inc. | Silver Lake Mall | Cd'A | 771-0828  
[lakecityhighlanddance.com](http://lakecityhighlanddance.com)

Mountain States Early Head Start | 411 N. 15th St, Ste 200 | Cd'A  
765-6955 | [msehs.org](http://msehs.org)

North Idaho College Head Start | 411 N. 15th St, Ste 103 | Cd'A  
765-6755 | [nicheadstart.org](http://nicheadstart.org)

Opening Books, Opening Doors | [openingbooksopeningdoors.com](http://openingbooksopeningdoors.com)

Stories with Stewy | Cd'A | 660-8529 | [storieswithstewy.com](http://storieswithstewy.com)

Wired2Learn Academy | 1800 N. Hwy 41 | Post Falls  
[wired2learnacademy.com](http://wired2learnacademy.com) | 699-6232

North Idaho Robotics Opportunities (formerly Xanterra FLL ) | [facebook.com/XanterraFLL](http://facebook.com/XanterraFLL)

## Family Services

Family Promise of North Idaho | 501 E. Wallace Ave. | Cd'A  
777-4190 | [familypromiseni.org](http://familypromiseni.org)

## Food, Agriculture, Nutrition

Eat Smart Idaho - U of I Extension | [uidaho.edu/extension/eat-smart-idaho](http://uidaho.edu/extension/eat-smart-idaho)

Inland Northwest Food Network | Cd'A | 546-9366 | [inwfoodnetwork.org](http://inwfoodnetwork.org)

## Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise | 800-926-2588  
[idahocareline.org](http://idahocareline.org)

Coeur d'Alene Parks Department | 710 E. Mullan Ave. | Cd'A  
769-2252 | [cdaid.org/parks](http://cdaid.org/parks)

Department of Health and Welfare | 1120 Ironwood Drive | Cd'A  
769-1409 or 2-1-1

Family Resource & Training Center | 2005 Ironwood Parkway, Suite 200 | Cd'A  
800-745-1186 | [icwrct.org](http://icwrct.org)

Idaho SHIBA / Idaho Department of Insurance | [doi.idaho.gov](http://doi.idaho.gov)

## Healthcare

Abundant Life Surrogacy | Nampa, ID | [abundantlifesurrogacy.com](http://abundantlifesurrogacy.com)

Evenson Chiropractic | 916 W Ironwood Dr Suite 1 | Cd'A | 769-4800

Heritage Health (formerly Dirne) | 1090 Park Place | Cd'A  
292-0292 | [myheritagehealth.org](http://myheritagehealth.org)

Hospice of North Idaho | 9493 N Government Way | Cd'A  
691-6996 | [honi.org](http://honi.org)

Kootenai Health | 2003 Kootenai Health Way | Cd'A  
667-3742, PF 619-4100, SP 263-6763 | [kootenaihealth.org](http://kootenaihealth.org)

Kootenai Urgent Care | Cd'A, Post Falls, Hayden | [kootenaiurgentcare.com](http://kootenaiurgentcare.com)

Open Arms PCC & Real Choices Clinic | 1800 Lincoln Way #201 | Cd'A

Panhandle Health District | 8500 N. Atlas Rd. | Hayden | 415-5100  
[panhandlehealthdistrict.org](http://panhandlehealthdistrict.org)

Shriner's Hospital for Children | 911 W. 5th Ave. | Spokane, WA  
509-455-7844 | [shrinershospitalforchildren.org/spokane](http://shrinershospitalforchildren.org/spokane)

Spaelstra Family Chiropractic | 214 W Sunset Ave | Cd'A | 667-7434  
[cdahealth.com](http://cdahealth.com)

## Healthcare - Mental

Imagine Behavioral & Developmental Services | 7905 Meadowlark Way, Suite C  
Cd'A | 762-1250 | [imaginebehavior.com](http://imaginebehavior.com)

Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Cd'A 625-4884 | [nicrisiscenter.org](http://nicrisiscenter.org)

Northwest Behavioral Health | 1612 N. 3rd St. | Cd'A | 765-4509

## Misc.

American Family Insurance - The Hamilton Agency | 8246 N Government Way | Hayden | 209-4321  
The Art Spirit Gallery | 415 Sherman Ave | Cd'A | 765-6006  
theartspiritgallery.com  
Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Cd'A | 765-8600  
cytnorthidaho.org  
Coeur d'Alene Arts & Cultural Alliance | 105 N 1st St, Suite 100 | Cd'A | 292-1629 | artsandculturecda.org  
Coeur d'Alene Canoe & Kayak Club, Inc | PO Box 3312 | Cd'A | cdacanoeclub.org  
Coeur d'Alene Public Library | 702 E Front Ave, Cd'A | 208-769-2315 | cdalibrary.org  
Coeur d'Alene Summer Theatre | 4951 Building Center Dr., #105 Cd'A | 660-2958 | cdasummertheatre.com  
Community Library Network | Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, Spirit Lake | communitylibrary.net  
Eat This! Italian Ice | 2900 N Government Way | Hayden 416-1300  
Elite Auction | PO Box 1354 Hayden 83835 | 208-640-7449  
eliteauctioninc.com  
Emerge | 208 N 4th St | Cd'A | 818-3342  
emergecda.org  
Idaho Education News | idahoednews.org  
Idaho Public Television | idahoptv.org  
Jump for Joy | 250 West Dalton Ave | Cd'A | 208-664-5200  
jumpforjoycda.com  
Kagey Company | 1048 1/2 N 3rd St | Cd'A | 667-2314  
Kayak Coeur d'Alene | 311 E Coeur d'Alene Ave #A | Cd'A | 676-1533  
kayakcoeurdalene.com  
Panhandle Parks Foundation | 212 Ironwood Drive, STE D, PMB 124 | Cd'A 446-4813 | panhandleparksfoundation.org  
Quest Summer Day Camp @ CDA Nazarene | 4000 N 4th St. | Cd'A | 667-4813  
cdanaz.org  
The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course Rd. | Cd'A | krocda.org

## Pet & Animal Services

Coeur d'Alene Animal Control | 5500 N. Government Way | Cd'A 446-1300 | kcsheriff.com/animalcontrol.html

## Religious/Fraternal

First Presbyterian Church | 521 E Lakeside Ave | Cd'A | 1stpresdowntown.org | 667-8446  
Heart of the City Church | 722 W Kathleen | Cd'A | 665-7808 | theheartcda.com

## Senior Services

Adult Protection Services | 2120 Lakewood Dr. #B | Cd'A | 667-3179  
ElderHelp of North Idaho | 9420 Government Way, Hayden | 661-8870  
ehoni.org  
Kootenai Health Senior Care Program | 2003 Kootenai Health Way Cd'A | 625-5353 | kh.org/family-support-services/respice-care-program

## Social Services

CAP Community Action Partnership Food Bank | 4144 Industrial Ave., Ste E Cd'A | 664-8757 | cap4action.org  
Goodwill Industries | 130 E Third Avenue | Spokane, WA | 509-838-4246 | discovergoodwill.org  
Idaho Dept. of Health & Welfare | 1120 Ironwood Drive | Cd'A | healthandwelfare.idaho.gov  
St Vincent de Paul | 201 E. Harrison Ave. | Cd'A | 664-3095  
stvincentdepaulcda.org  
Union Gospel Mission Center for Women & Children | 196 W Haycraft Ave | Cd'A 665-4673 | uniongospelmission.org  
United Way of North Idaho | 501 E. Lakeside Ave., Ste. 3 Cd'A | 667-8112 | unitedwayofnorthidaho.org

## Special Needs

Trinity Group Homes, SUDP | 201 E. Harrison Ave. | Cd'A 664-3095 | stvincentdepaulcda.org

## Substance Abuse-Recovery/Prevention

Al-Anon | Cd'A | 676-0549 | al-anon-idaho.org  
Alcoholics Anonymous | 118 N. 7th St., Ste B5 | Cd'A | 667-4633 | aa.org  
Idaho Drug Free Youth | 610 W. Hubbard, Ste 123 | Cd'A 664-4339 | idahodrugfreeyouth.org  
Idaho Meth Project | PO Box 738 | Boise | 1-888-331-2060  
idaho.methproject.org  
Kootenai Recovery Community Center | 405 N 2nd St Cd'A | (208) 932-8005 | kootenairecoverycenter.org

## Support Networks/Groups

Mothers Haven | MothersHaven.com & Mamanook.com  
Operation Second Chance | operationsecondchance.org

## NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS • BASIC NEEDS • COMMUNITY RESOURCES



Attention crisis, front-line users, and case managers looking for current, accurate immediate & basic needs resources:

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

Bookmark it now!

The North Idaho Services Directory is the most comprehensive online list of service providing organizations in the region, with the ability to sort, filter, and search by category, agency name, zip code, city, and other fields.

Thank you to our Community Supporters

Kootenai County Sheriff's Department - Heritage Health - United Way of North Idaho - St. Vincent de Paul Coeur d'Alene

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