

**FREE**

Winter  
2020

# NORTH IDAHO FAMILY

M A G A Z I N E

*Now in its  
21st year!*

*what's inside:*

**Family Day in the Park 2020 Preview**

**2020 Graduation Countdown**

**25 Fun Things to do for Fall & Winter**



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



# Annual January "Must Do" List

It's not a New Years Resolution, but making the completion of this list an annual January habit will set your year on the right track to help you avoid costly, frustrating, or time consuming misses.

## Check your Credit Score:

Most online sources give you one annual check for no charge. Do your homework first to understand what the score means, what action you need to take if you think there are mistakes, and how to keep track of the report. Review your monthly budget for the year as well.



## Check for Expiration Dates:

- Check your drivers license and make sure it doesn't expire within the year, and that all information is current. Take action early to make corrections and avoid unnecessary fines and fees.
- Check your vehicles license plate tags and insurance cards. Make sure they're current and that you know when they are due to renew.
- Check your credit/debit card(s) for expiration dates to assure any auto pay items associated with them are not interrupted. Also, assure any accounts that have automatic renewal to them (clubs, memberships, magazines, etc.) that you do not want to renew are contacted and canceled.

## Send in your Absentee Ballot Request:

Vote from home, easily, and on time. A request for absentee ballots that cover all elections in the current year are available online. See sample here. Mail to the elections office and they will send your ballot in the mail prior to each election. Note: this must be redone every calendar year. Go to [kcgov.us](http://kcgov.us) > elections > absentee ballot.

\*This form is good for one calendar year only.  
**APPLICATION FOR ABSENT ELECTOR'S BALLOT**

Date: January 11, 2017

I, \_\_\_\_\_ Your Name, hereby make application for an absent elector's ballot or ballots to be voted at the election held on: (Check election this application is to be used for)

☒ 2nd Tuesday in March (School Board or Levy) ☐ Last Tuesday in August (School Board or Levy)  
☐ 3rd Tuesday in May (Primary Election and/or Young Persons Election) ☐ Tuesday following 1st Monday in November (General Election and/or Young Persons Election)

☐ Special Emergency Election to be held on \_\_\_\_\_

My home address is: \_\_\_\_\_ Your Address \_\_\_\_\_ in Coeur d'Alene (House Number and Street) (City)  
and I am duly registered in Kootenai County, Idaho.

Please email ballot(s) to me at the following address:  
Your Name \_\_\_\_\_  
(Please print)  
Your Address \_\_\_\_\_  
(Mailing Address)  
Your City, State, Zip \_\_\_\_\_  
(City, State and Zip Code)

Daytime phone: \_\_\_\_\_ Your Phone \_\_\_\_\_  
(In case we need to contact you with questions)

Email Address: \_\_\_\_\_ Your Email \_\_\_\_\_

KOOTENAI COUNTY ELECTIONS  
P.O. BOX 9000  
COEUR D'ALENE, ID 83816-9000  
PHONE: (208) 446-1030  
FAX: (208) 446-2184 EMAIL: [kcelections@kcgov.us](mailto:kcelections@kcgov.us)

ELECTOR MUST PERSONALLY SIGN APPLICATION  
\_\_\_\_\_ Your Signature  
(Signature)

OFFICIAL USE ONLY  
Print # \_\_\_\_\_  
Log Dist # \_\_\_\_\_  
Code: W M C T

## Update your calendar with Registration Deadlines:

Summer camp registrations, schools, scholarships, sports teams, tournaments, and any other activities that have limited space and requirements to register in advance.

## Schedule your Annual Check Ups:

Make a check list of dates your entire family is due for appointments and schedule them at one time (when possible). Avoid missing a dental check up, mammogram, or childhood immunization appointments. A year can go by quickly!



## Block out Special Events:

Make note and plans for upcoming holidays, special birthdays, or graduations to avoid being caught unprepared when the occasion arrives.



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

**208.699.0126**

Refer to ad on page 11.

**www.nifamily.com**

1048½ N. 3rd St.

Coeur d'Alene, ID 83814

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

## 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 21 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

- Family Day in the Park & Makers Market
- North Idaho Services Directory
- Education Information Center
- Group Scoop Newsletter
- N.I.C.E. Calendar
- NEW! The SOUP SCOOP

## SAVE THE DATE:

**June 5: 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

## CONTENTS



pg.  
**5**

**Making 2020 Better Together!**



pg.  
**10**

**Family Day in the Park Preview**



pg.  
**16**

**25 Fun Things to Do this Winter**

Indoor and outdoor activities for winter time.



**TECH CORNER 3**



**EDUCATION 7**



**COMMUNITY 9**



**HEALTH 12**



**FAMILY 15**



**CALENDAR 17**



**SENIORS 21**



**PEACE & JOY 21**





“From strategically finding love, to helping researchers search for extraterrestrial life—there is quite literally an app for almost anything these days.”

The complete article covers the Champions of the App Economy and Which Apps Are Climbing the Ranks, and Countries Leading the App Economy, and The App Economy 2.0. They also report on some of the different categories of apps that are on the chart such as Streaming Services and Gaming.

Even if you're not particularly keen on a certain topic, this site is a great resource for displaying information in a different way - Good for research papers, perhaps?

**2019 Apps by Worldwide Downloads**

App Store | Google Play

0 100M 200M 300M 400M 500M 600M 700M 800M 900M

App	App Store Downloads (Blue)	Google Play Downloads (Yellow)	Total Downloads (Approx.)
WhatsApp	100M	850M	950M
TikTok	150M	750M	900M
Messenger	100M	700M	800M
Facebook	100M	650M	750M
Instagram	100M	550M	650M
Likee	0	500M	500M
SHAREit	0	450M	450M
YouTube	120M	380M	500M
Snapchat	80M	320M	400M
Netflix	100M	250M	350M
UC Browser	50M	300M	350M
Spotify	80M	270M	350M
YouTube Music	50M	250M	300M
PicsArt	50M	200M	250M
Uber	50M	180M	230M
Wish	50M	180M	230M
Amazon	50M	180M	230M
Meitu	0	180M	180M
Hotstar	0	180M	180M
Twitter	50M	150M	200M

**Top 5 New Apps**

- MV Master
- Disney
- Zanying Vlog
- XRecorder
- Sticker.ly

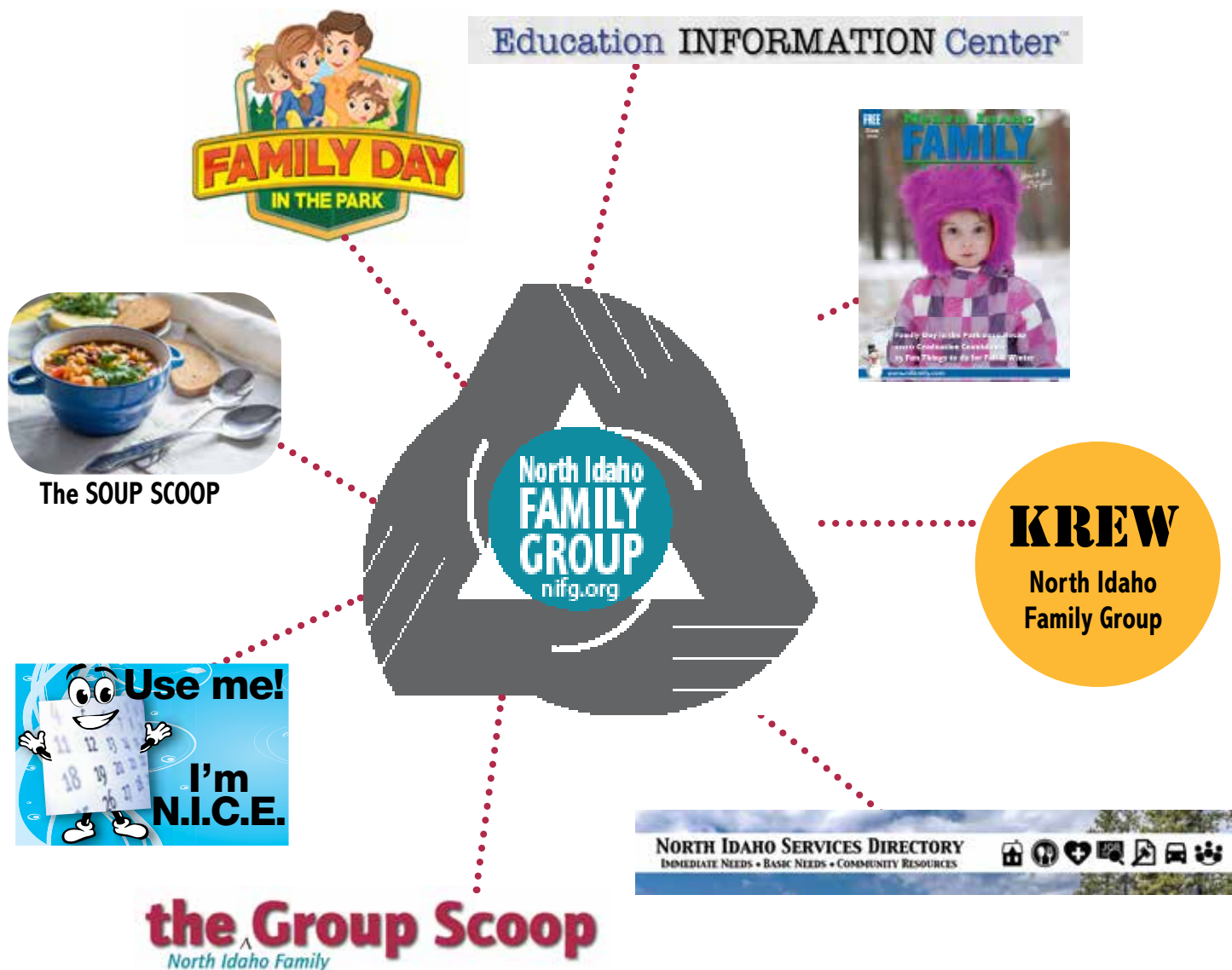
**Top 5 Publishers**

- Facebook
- Google
- Byju's
- Voodoo
- Tencent

Source: Statista/Statista

4 | Winter 2020

# Together! Let's Make 2020 Better for All!



## NIFG Provides Outreach & Support to 100s of Nonprofits and the Clients they Serve

- **Family Day in the Park:** 100s of Vendors, Reach 5,000 families
- **Education Information Center:** Pre-K through Retirement Education resources for all of North Idaho
- **North Idaho Family Magazine:** 21 years, distributed to 8,000 Elementary School Students in Kootenai County
- **North Idaho Services Directory:** THE MOST COMPREHENSIVE, LOCAL DATABASE OF IMMEDIATE AND BASIC NEEDS SERVICES. Serves the 10 Northern Counties, and is well-used by first responders, social service providers, and the public. Partners include Heritage Health, Idaho Department of Labor, St. Vincent de Paul, Community Action Partnership, United Way, and Idaho Dept of Labor.
- **North Idaho Charitable Events (N.I.C.E.) Calendar:** Most comprehensive list of local Fundraisers
- **NEW! The SOUP SCOOP:** Filling the gap left by Bob Driscoll and Interagency, the Soup Scoop will happen 3 times per year in a fun, fast-paced format. Plus Soup & Beverage included in ticket price!
- **The Group Scoop:** "Bite-Sized" news and informative topics for nonprofits and the community.
- **NEW! The NIFG KREW!:** Board members, committees, and volunteers to help execute events and programs throughout the years ... This is a seriously fun bunch. Low-time commitment, we don't "meet to meet"  
- JOIN THE KREW! email [KREW@NIFamily.com](mailto:KREW@NIFamily.com) or Visit [nifg.org/krew/](http://nifg.org/krew/)



# SOUP SCOOP LAUNCH! FEB 20 - 5:30PM



## SIGN UP NOW!

Limited seats available. Only \$15 for early birds, \$25 at the door.

[Buy your tickets online at nifg.org/soup-scoop](http://nifg.org/soup-scoop)

Coeur d'Alene Fresh, 317 Cd'A Ave - Parking available in the parking garage across the street.

Ticket includes Entry, Drink, and fresh, locally made Bowl of Soup

We have amazing soup chefs working on their recipes - RSVP and get your ticket asap so there's an accurate bowl count!

- 2 great speakers (15 min briefs)
- Door prizes
- Speed network announcements (must indicate at time of ticket reservation)
- Upcoming Group events to build you and your successful nonprofit work.

This event's Special invited Guest: **Bob Driscoll**

Bob was the originator of Interagency (aka the Driscoll List) which brought a connection of needs and donors within the community together for many years.

Featured Presenters are:



**Jim Faucher**

Discussing addressing Donor Fatigue and other fundraising strategies

Jim Faucher has over 30 years of professional fundraising experience. During his career he has been a director of or consultant to many not-for-profit healthcare, social service, religious, business-oriented, academic and athletic organizations.



**Patty Shea**

Discussing how your organization can benefit from utilizing outside influencers

39-year career with local electric and natural gas investor utility, 30+ years in leadership roles, Master of Business Administration (MBA) from Eastern Washington University

Extensive background and successful track record in: Customer Service Contact Centers, Field Engineering and Construction Design, Energy Solutions, Safety, Craft Training, Occupational Health, Distribution Dispatch Emergency Services, Operations and Maintenance, and Workforce Development/Career and Technical Education.

**\*\* Please note that Cd'A Fresh is a 21 & over venue**



# DeArmond College and University Center – the gateway to opportunity

Five colleges have been striving toward a partnership to enhance educational offerings in North Idaho.

Now, that partnership is a physical reality.

In September, the doors opened for the \$7.5 million Bob and Leona DeArmond College and University Center. Designed with collaboration as a key principle, the center houses representatives from North Idaho College, Lewis-Clark State College, and the University of Idaho, and serves as a point of contact for Boise State University and Idaho State University.

“It’s really a manifestation of the North Idaho Higher Education Consortium, which is a partnership between the five higher education institutions in North Idaho. Together, we’re bringing awareness to the community about the educational opportunities available in the five northern counties,” said Sara Schmelzer, NIC Enrollment Coordinator.

The 29,000-square-foot center state-of-art center sits on the corner of Hubbard Avenue and River Avenue right as visitors reach NIC’s main campus. It contains eight instructional classrooms, a student services center, and numerous student and faculty break-out rooms and informal learning spaces.

“It’s the perfect place for the colleges to share resources with the community,” Schmelzer said. “That ends up being a tremendous benefit to students who have a streamlined educational experience and the colleges in their efforts to be prudent stewards of public money. It’s a win-win.”

The center is named after Bob and Leona DeArmond, who made the largest private donation in NIC’s 85-year history. It was built on the site of the former DeArmond Stud Mill.

“There’s a rich history in the area. This building is designed to pay homage to that history, but has everything we need to meet the needs of tomorrow’s students.”



INFO

[northidahohighereducation.org](http://northidahohighereducation.org)





# Important deadlines for 2020 High School Seniors

NOW is the time to apply for financial aid & scholarships for the 2020/2021 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.

- 2020/2021 FAFSA (Free Application for Federal Student Aid) is available NOW (FAFSA.ed.gov – Make sure to use THIS site to apply).
- Early 2020: Deadline for CSS / Financial Aid PROFILE Application (found at CollegeBoard.org)
- March 1, 2020: 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/](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.



## Is Project Based Learning The Right Choice for My Child?



In today's world, our graduates are expected to know how to use a variety of different technologies. Students in a project-based learning environment learn how to effectively create presentations, write research papers and marketing material, communicate with people around the world and utilize the newest technology styles. Students will use this knowledge and practice throughout their lives.

### Increased Engagement

Many students find it difficult to pay attention in the traditional classroom. Students doodle on worksheets, send snap chats under their desk or simply daydream about something more exciting. With project-based learning, students are actively involved in the entire process. They are able to pursue their own thoughts and deepen their research according to their needs, goals and desires. This style of learning is of incredible benefit to many students, especially those who have trouble learning in a more traditional classroom.

Students are not the only ones who benefit from engagement in this learning style. Learning coaches get this advantage too. There are tremendous benefits to leading a group of students that are engaged in projects. Learning coaches get to alleviate their boredom along with their students. Instead of teaching the same things year after year, learning coaches are able to learn along side their students and get the challenge of effectively tailoring student projects to meet state standards and the individual needs of their students.

If you are looking for a learning environment for your student that reflects the real world, teaches effective communication, encourages self-reflection, and promotes technology use and technology responsibility, then a project-based middle school might just be the answer. This style of learning is more engaging, more effective and better at addressing the particular needs of each student, particularly those who are willing to give the effort it deserves.

INFO

Wired2Learn  
FOUNDATION  
[www.w2lfoundation.com](http://www.w2lfoundation.com)  
[facebook.com/groups/wired2give](https://facebook.com/groups/wired2give)





## GET INFORMED. GET INVOLVED. VOTE TUESDAY MARCH 10

**PRESIDENTIAL PRIMARY ELECTION  
YOUR VOICE MATTERS!**

Early Voting Available  
Kootenai County Elections Office  
Feb. 24 - March 6  
Mon-Fri 8 AM to 5 PM

Mailed absentee ballots  
must be requested  
by February 28th.

**POLLS OPEN 8AM - 8PM  
3/10/2020**

*"Elections belong  
to those who  
participate"*

FOR OFFICIAL VOTING INFORMATION GO TO  
**IDAHOVOTES.GOV**



The Civic Engagement Alliance's mission is to generate grassroots community engagement for the common good. We organize nonpartisan efforts to encourage active participation in civic and community life.

**CIVICENGAGEMENTALLIANCE.COM**  
**@civicengagementalliance**



The Civic Engagement Alliance's mission is to generate grassroots community engagement for the common good. We organize nonpartisan efforts to encourage active participation in civic and community life. We express our mission through programs, events, and campaigns. Relationship building, outreach, and education are the primary ways we serve our mission.

Learn more at [www.civicengagementca.com](http://www.civicengagementca.com)



## FREE COMPOST!

The city of Cd'A FREE compost give-a-way weekend is April 18-19th this year. At the 3500 block of North Julia St. in Cd'A

Bring your truck, shovel, buckets, tarps etc and load how ever much you need to have an amazing garden this summer.



### NEW MEMBERS

Hazeltree Midwifery  
North Idaho Home Health  
Idaho Drug Free Youth  
OnSite4Seniors

### INTERIM DIRECTOR ANNOUNCED FOR NIFG

Greta Gissel, former director of the North Idaho Centennial Trail Foundation, Founder of Jingle Books and involved with multiple nonprofits and projects in the community over the years has accepted the position of Interim Director for the North Idaho Family Group.

### THE KREW IS "RE-KREW-TING"

The North Idaho Family Group "KREW" consists of board members, committees, and volunteers.

Most tasks can be done independently on your own time (in other words, zero or rare meetings, except for some FUN get-togethers). Learn more at [nifg.org/krew](http://nifg.org/krew) or email [krew@nifamily.com](mailto:krew@nifamily.com).

### SAFE PASSAGE NEEDS VOLUNTEERS!

Contact [clieske@safepassageid.org](mailto:clieske@safepassageid.org) for information.

### NEW UGM THRIFT STORE

Union Gospel Mission Association of Spokane plans to expand its thrift store operations by adding two new stores in the next few years. One of the new stores will be in Coeur d'Alene, near the intersection of Government Way and Prairie avenue, between Pawn1 and the north Coeur d'Alene branch of First Interstate Bank. The other location will be in North Spokane.

### NEW LOCATION FOR JUMP FOR JOY

Jump for Joy trampoline-fun place (250 W Dalton), owned by Ben Waitas, added a new location at 15310 E Marietta in the Spokane Valley. Jump for Joy has been a long time supporter of the North Idaho Family Magazine and Family Day in the Park.



*Save the Date!*

**June 5, 2020**  
**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 5, 2020 NOON TO DUSK**

**IN COEUR D'ALENE CITY PARK**

Annual Last Day of School Family Fun Celebration!

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

- 100s of nonprofit, community, and business vendors
- Shop local Vendors at Coeur d'Alene Makers Market
- Bandshell Entertainment
- Nonprofit outreach
- Activity booths
- Multiple give-a-ways
- Archery Tag (Don't worry, the Darts are foam)
- Food Court and beer Garden
- Skate Park events
- Bounce Houses
- Cultural Center Presentations
- Fire engines, police cars and interactive heavy equipment
- FREE Books, face painting and more
- Encore stage performances all day
- Petting Zoo

**Don't miss out!**

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





## 2020 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.**

Averaging 4,000-5,000 attendees annually, the 2020 event promises to be bigger and better. Contact us for vendor, volunteer, sponsor or organization participation and planning information. (Applications are typically online in late February.)



- ☐ **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://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!

**NORTH IDAHO**  
**FAMILY**  
M A G A Z I N E

### 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.



# Crash Diets, Keto & Cookie Diets?

Wikipedia lists DOZENS of diet programs on their List of diets page. They are listed by category:

- Belief-based diets
- Calorie & weight control diets: Low-calorie, Low-carb, Low fat
- Crash diets: Beverly Hills diet, Cabbage soup diet, Grapefruit diet, Subway diet
- Detox diets: Juice fasting, Master Cleanse
- Diets followed for medical reasons: DASH diet Diabetic diet, Ketogenic diet, Gluten-free diet, etc.
- Fad diets: Food specific: Whole30, Alkaline diet, Baby Food Diet, Cookie diet(!?), Egg and wine diet, Lamb chop and pineapple diet. Low-carb / high-fat: Atkins, Bulletproof diet, Dukan Diet, Paleo diet, and many more
- Vegetarian & Semi-vegetarian diets: Ovo-lacto, Vegan, Pescatarian diet
- Other diets: Many odd sounding things here.

Confused? Everyone is different, and we are constantly bombarded with conflicting information - Fat GOOD! Fat BAD! Sugar is worse than fat for causing high cholesterol. Visit five nutritionists or trainers, and you're likely to get five different answers about what you should and shouldn't eat.

NBC News published an article called "The best weight-loss advice to borrow from popular diets, so maybe this is a good place to start:

- Whole30: Focus on whole foods
- Paleo: Get your fiber from diverse sources
- Weight Watchers: Add a mindfulness practice like meditation to your wellness routine
- Ketogenic Diet: Add non-starchy veggies to every meal
- Mediterranean Diet: Don't be afraid of healthy fats
- Intermittent Fasting: Close down the kitchen after dinner
- Intuitive Eating (aka the anti-diet): Ditch the restrictive diet mentality

Read the full article here: <https://www.nbcnews.com/better/lifestyle/best-weight-loss-advice-borrow-popular-diets-ncna926246>

Additional source: [https://en.wikipedia.org/wiki/List\\_of\\_diets](https://en.wikipedia.org/wiki/List_of_diets)

## It's your health. You deserve healthcare focused on you.

### Choose a Nurse Practitioner

Over 1000 Idaho Nurse Practitioners provide patients with the quality, patient-centered care they need every day. From diagnosis and disease prevention to health management and prescribing medication, these men and women work with you to improve your health and give you the care you deserve.

Colleen Shackelford MSN, NP-C  
2019 AANP Idaho Nurse Practitioner of the Year



Find a Nurse Practitioner near you at [www.npfinder.aanp.org](http://www.npfinder.aanp.org)

# Prevent, Promote, Protect

North Idaho – Preventing disease, promoting healthy lifestyles, and protecting the environment are at the heart of what Panhandle Health District (PHD) provides the community. Over 40 different public health programs at PHD are available to families, individuals and organizations. From food and drinking water safety to health education and disease control, public health services are designed to ensure our community is a safe and healthy place to live, work and thrive.

“We offer so many services and we want the community to know about all of them,” said Lora Whalen, PHD Director. “Everything we do here is structured to serve our residents and meet their needs.”

Those services are provided by a team that includes nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal: deliver vital public health services to keep every member of our community well. PHD has locations in Kootenai, Bonner, Boundary, Benewah, and Shoshone counties.

PHD’s environmental health department focuses on child care resources, food inspections, septic permits, lead health, and water protection to name a few of their programs. Under the clinical and health services department, the district offers healthcare services with experienced nurse practitioners, a home health program, nurse-family partnership for first time parents, and parents as teachers. Many clinical services are based on a sliding fee scale based off a client’s income.

Beyond this, PHD offers many free community programs including tobacco cessation, Fit & Fall proof exercise classes, opioid misuse prevention, senior companions, teen pregnancy prevention, and suicide prevention.

“The health district continues to expand and evolve as our community changes,” said Whalen. “We just launched a new exercise and nutrition program for families titled Parents Leading Active Youth or PLAY. It’s part of our Nutrition Services department which operates the WIC program and our diabetes prevention and management programs.”

The health district focuses on prevention. Preventing illness, disease, and degradation of our environment. By working together as a community we can continue to live, work, and thrive.



**Public Health**  
Prevent. Promote. Protect.

**Panhandle Health District**



[panhandlehealthdistrict.org](http://panhandlehealthdistrict.org)

**TDS**  
**FIBER**

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YOUR COMMUNITY**

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**TDSFIBER.COM**

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**Coeur d'Alene Pediatrics**  
Pediatrics • Adolescent Medicine

**New Patients Welcome**  
We Specialize in Pediatric and Adolescent Care.



Check out our Online Patient Services at  
**[www.cdapeds.com](http://www.cdapeds.com)** 

Evening and Saturday Clinic Available  
**3 Locations to serve you!**  
700 W. Ironwood Dr, Coeur d'Alene – 667-0585  
1300 E. Mullan Ave, Post Falls – 777-1330  
9095 N. Hess St, Hayden – 772-8940



# Don't Forget to Wash Your Hands!

Parents have been telling their children to wash their hands for generations.

The results are less than impressive. Worldwide, only 19 percent of kids wash their hands after going to the bathroom.

Dr. Nicole Odom with Heritage Health said parents should continue to emphasize proper handwashing with their children.

"Set a good example by being a good handwashing role model," said Odom. "These are lifelong habits to develop and keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water."

The Centers for Disease Control says that handwashing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections (e.g., colds).

Reducing the number of these infections by washing hands frequently also helps prevent the overuse of antibiotics—the single most important factor leading to antibiotic resistance around the world. Handwashing can also prevent people from getting sick with germs that are already resistant to antibiotics and that can be difficult to treat.

Is anti-bacterial soap a good option?

"It is now recommended to use just regular soap rather than anti-bacterial soap when washing hands," said Odom. "Proper technique is the key in that the use of soap over all areas of the hand removes the bacteria. Washing hands effectively takes 20 seconds. Use of anti-bacterial soap promotes the development of 'super-bugs' that are difficult to treat with antibiotics should an infection occur."

Feces from people or animals is an important source of germs like Salmonella, E. coli O157, and norovirus that cause diarrhea. Exposure to feces can also spread some respiratory infections like adenovirus and hand-foot-mouth disease. These kinds of germs can get onto hands after people use the toilet or change a diaper, but also in less obvious ways, like after handling raw meats that have invisible amounts of animal poop on them. A single gram of human feces—which is about the weight of a paper clip—can contain one trillion germs.

Washing your hands after going to the bathroom seems like such a simple thing and it is. Wash those hands.



INFO

[myheritagehealth.org](http://myheritagehealth.org)


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# Go Minimalist!

This 30-day Decluttering Challenge from listobsessed.com will keep you on task!



## 30 DAY DECLUTTERING CHALLENGE

1	Clean out and organize two kitchen cabinets.	2	Clean out refrigerator.	3	Clean out your freezer.	4	Organize spices and throw out old/expired ones.	5	Clear out one junk drawer.	6	Clean out your pantry.
7	Clean out purse and wallet.	8	Clean out makeup drawer/bag.	9	Clean out and organize two kitchen cabinets.	10	Clean out cars.	11	Clean out bathroom cabinets.	12	Clean out medicine cabinets.
13	Organize cleaning supplies.	14	Clean out kids' closets and donate clothes.	15	Clean out kids' drawers and donate clothes.	16	Clean out toy chests and donate gently used toys.	17	Clean out and organize two kitchen cabinets.	18	Clean out your nightstands.
19	Clear out and donate old books, DVDs and other media.	20	Clear out one junk drawer.	21	Go through old papers and mail.	22	Clean out adult closets and donate clothes.	23	Clean out adult drawers and donate clothes.	24	Go through old shoes and donate gently used items.
25	Go through accessories (purses, scarves, hats, etc.).	26	Clear off your desk or workspace.	27	Clean up computer. Unsubscribe from unwanted emails.	28	Organize the linen closet.	29	Clean out the laundry room.	30	Delete unwanted apps and photos off your phone.

listobsessed.com



# 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 14-23)

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.





# Midwifery in Cd'A



Professional, comprehensive, holistic midwifery for mother and baby is now available in Coeur d'Alene. Opened in 2019 providing routine prenatal care, water birth, postpartum care, lactation support, newborn and well baby care, emotional support, nutrition counseling and more.



[hazeltreemidwifery.com](http://hazeltreemidwifery.com)

## North Idaho Charitable Events Calendar

**FREE**



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

- Feb 1** Hospice Wine Taste 2020
- Feb 6** 2020 CDAIDE Care Affair @ Cd'A Resort
- Feb 7** Downtown Coeur d'Alene Chocolate Affair
- Feb 8** Family Promise Northwest Annual NW Fest @ Cd'A Eagles
- Feb 12** Wine & Whiskers benefit for Kootenai Humane Society @ Mix it Up
- Feb 14** The Sweetheart Ball for Habitat for Humanity @ Cd'A Inn
- Feb 14-15** A Romantic Night at the Museum to benefit Good Samaritan Ranch and Safe Passage
- Feb 14-23** Sandpoint Winter Carnival
- Feb 20** North Idaho Family Group SOUP SCOOP LAUNCH @ Coeur d'Alene Fresh
- Feb 22** Beer for Brains to benefit Wired2Learn Foundation @ The Innovation Collective
- Feb 28** Sorensen Magnet School Auction & Soiree @ Hagadone Event Center
- Feb 29** Mardi Gras "Krewe d'Alene to benefit Cd'A Arts & Cultural Alliance @ The Cd'A Eagles
- Feb 29** CCA Royal Raffle Benefit Ball @ Hagadone Event Center
- Mar 5** IDFY Lip Sync Battle @ the Cd'A Eagles
- Mar 5** North Idaho CASA Ray of Hope Community Luncheon
- Mar 7** TESH Home on the Range @ Best Western Cd'A Inn
- Mar 7** The Bartenders Ball to benefit Help Every Little Paw @ Cd'A Resort Plaza Shops
- Mar 7** Wine, Stein and Dine for PF Education Foundation @ Greyhound Park Event Center
- Mar 13** 12th Annual PEAK Charity Bike Ride to benefit Kootenai County Police & Fire Memorial Foundation @ Peak Cd'A
- Mar 13** CCS 40th Anniversary Auction & Dinner @ BW Cd'A Inn
- Mar 14** Big Man of CDA to benefit CDA Summer Theatre @ CDA Casino
- Mar 14** Annual Bingo, Brews & Blarney to benefit Hayden Senior Center @ Greyhound Park Event Center
- Mar 14** Coeur d'Irish Party to support Cd'A Rotary's Scholarships, grants, and projects @ the Cd'A Resort
- Mar 14** Kootenai County Penguin Plunge to benefit Special Olympics @ The Hagadone Event Center
- Mar 28** The Sweethearts' Ball Camp Journey Benefit @ The Cd'A Resort
- Apr 3** 9th Annual Cowboy Ball @ Kootenai County Fairgrounds
- Apr 18** The Great CDA Charter Bake-off @ CDA Charter
- Apr 18** Spring Dash supporting United Way of North Idaho @ McEuen Park
- Apr 18** Children's Village Annual Spring Benefit @ Coeur d'Alene Resort
- Apr 21** ONSite4Seniors Breakfast @ Best Western Cd'A Inn
- Apr 25** Matt's Place Foundation Pub Crawl | Downtown CDA
- Apr 25** Hayden Kite Festival @ Broadmoor Park
- May 7** Idaho Gives
- May 9** North Idaho Veterans' Stand Down @ Kootenai County Fairgrounds
- June 5** Family Day in the Park & Coeur d'Alene Markers Market @ Coeur d'Alene City Park





# Fun with Puzzles!

## ST. PATRICK'S DAY WORD SEARCH



## 2020 Summer Camps

The North Idaho Family Magazine Spring Issue will include our annual "Let's Go to Summer Camp!" section, with comprehensive information on 2020 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.

## EASTER EGG HUNT... FIND 10 DIFFERENCES



Solutions on page 19




## A close-up photograph of a child's hands holding an open children's book. The book features vibrant illustrations of a yellow tractor with a red trailer, a scarecrow, and a farmer. The text is in Spanish, with the title 'El tractor' visible on the right page. The child's face is partially visible in the foreground, looking at the book.

“Change the course of your parenting today, and change the course of your family history for generations to come.”

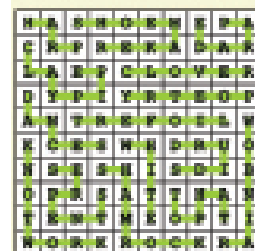
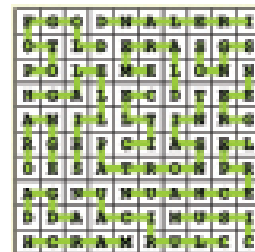
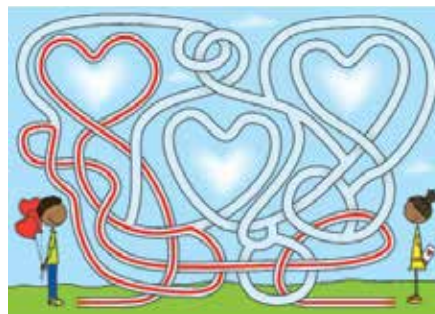
**The Circle of Security Parenting** is an innovative intervention program designed to improve the developmental pathway of children and their parents. Attachment theory, through the Circle of Security Parenting, offers clear, individualized pathways for providing a secure relationship between parent and child.

**Nurturing Skills for Families** parenting class is an evidence-based curriculum that helps parents acquire specific knowledge and skills to improve their overall parenting techniques. This program helps build strong families by educating parents about what to expect from children at different ages and developmental stages, and builds parental self-confidence through focusing on the strengths of the parent. It also offers alternatives to hitting and yelling and much more.



icareforchildren.org

## Puzzle Solutions



Think Spring!



Seniors! Parents! Counselors Educators!

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

**Links to Regional Education Information  
from Birth through Retirement**

- ☒ Bookmark It
- ☒ Use It
- ☒ Contact us for Help



## Education INFORMATION Center™

**Your Search for Regional Educational Information & Resources is Over!**

### EdInfoCenterCdA.com

**IT'S ALL HERE:  
ANSWERS FROM  
PRE-KINDERGARTEN  
TO CAREER  
TRAINING AND  
BEYOND!**



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

## 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





# Indicators for Home Health

Your patients are different – so are their medical conditions, treatments, and needs.

Home health professionals are specially trained to deliver high-quality care to patients that helps them recover and regain strength, health, and independence.

Our professional nurses, therapists, and social workers treat a wide range of medical conditions, allowing patients to rest and recover in the comfort of home.

If you are treating patients who might benefit from healthcare in the privacy of their home – for whom one-on-one instruction will help better manage their condition, symptoms, and recovery – consider referring them to home health.

Home health may be indicated if a patient:

- Has a new diagnosis or an exacerbation of an existing diagnosis
- Has a new medication
- Requires teaching on a disease process or medication
- Is at risk for or experiencing complications requiring labs
- Requires other skilled nursing services (wound care, teaching, observation, and assessment)
- Requires frequent follow-up from a physician's office
- Has frequent re-hospitalizations
- Contacts a physician's office frequently
- Exhibits behaviors that indicate he or she is at risk for falls
- Needs physical therapy, occupational therapy, speech therapy, or medical social services, due to: Mobility problems, Bowel or bladder incontinence, Vision problems, ADL needs, New DME training

If the answer is “yes” to any of the above indicators, the patient may be a candidate for a home health evaluation.

Contact your local provider today for more information.

**INFO**

[lhcgroupp.com/locations/north-idaho-home-health/](http://lhcgroupp.com/locations/north-idaho-home-health/)

**PEACE & JOY**

## Love affair

Start a love affair, with yourself.

Find (what you consider) your faults charming instead.

You are a miracle – one in 7.7 billion people in the world.

You are lucky to be alive: here, now.

Step into your greatness. Answer your unique calling.

If you need confirmation, validation or permission, I give it!

Stop waiting until tomorrow, after the holidays, next year.

Today is a great day to start.

Fall in love. Nobody is more deserving than you.



Guest Contributor, Hara Allison, is the creator of YesYesMagic. Visit [YesYesMagic.com](http://YesYesMagic.com) for more uplifting posts.

# 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 Drug Free Youth | IDFY.org | 664-4339  
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

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

Be SMART for Kids | [besmartforkids.org](http://besmartforkids.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)  
The Dance Company | [thedancecompanycd.com](http://thedancecompanycd.com)  
Hope on the Homefront @ Cd'A #271 | 1400 N Northwood Center Ct  
664-8241 x1061 | [cdaschools.org/Page/711](http://cdaschools.org/Page/711)  
Iris' House Pre-School & Childcare | 410 N 20th St | Cd'A | 667-3785

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

## 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 | [icwrtc.org](http://icwrtc.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)  
Aligned Family Chiropractic | 3904 E Mullan Ave STE C | Post Falls | 981-0093  
Evenson Chiropractic | 916 W Ironwood Dr Suite 1 | Cd'A | 769-4800  
First Steps Chiropractic | 8836 N Hess Street Suite E | Hayden | 758-9335 |  
[firststepschiropractic.com](http://firststepschiropractic.com)  
HazelTree Midwifery | 1048 N 3rd St | Cd'A | 699-3625 | [hazeltreemidwifery.com](http://hazeltreemidwifery.com)  
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)  
Nurse Practitioners of Idaho | [npfinder.aanp.org](http://npfinder.aanp.org)  
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 | [shrinershospitalsforchildren.org/spokane](http://shrinershospitalsforchildren.org/spokane)

## 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.

Annie Winston / Jazzed About Reading | jazzedaboutreading.org  
The Art Spirit Gallery | 415 Sherman Ave | 765-6006 | theartspiritgallery.com  
Bean & Pie | beanandpie.com  
Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Cd'A | 765-8600  
cynorthidaho.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  
Melissa Dalton Hunt - A Taste of Newberys | mbhunts1965@gmail.com  
Idaho Education News | idahoednews.org  
Idaho Public Television | idahoptv.org  
Innovia Foundation | innovia.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  
Quest Summer Day Camp @ CDA Nazarene | 4000 N 4th St. | Cd'A | 667-4813  
cdanaz.org  
Office Depot | officedepot.com  
The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course  
Rd. | Cd'A | kroccda.org  
Sport Clips | 762-6655 | haircutmenhaydenprairieid.com  
Strikezone / VRCDA | teamvsports.com  
Victory Alliance Marketing | victoryalliance.us

## 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  
The Vine Church | 9407 N Government Way | Hayden | 449-2080 |  
thevineidaho.org

## 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  
North Idaho Home Health | lhcgroupp.com/locations/north-idaho-home-health  
Onsite4Seniors | onsite4seniors.org | 967-4771

## Social Services

CAP Community Action Partnership Food Bank | 4144 Industrial Ave., Ste E  
Cd'A | 664-8757 | cap4action.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, SVDP | 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

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:**

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**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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