

**FREE**

Fall  
2019

# NORTH IDAHO FAMILY

TM

M A G A Z I N E

*Now in its  
21st year!*

**Family Day in the Park 2019 Recap**

*plus* **2020 Graduation Countdown**

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



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**EdInfoCenterCDA.com**

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from Birth through Retirement**

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- ☒ Use It
- ☒ Contact us for Help

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Refer to ad on page 20.

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

## ACKNOWLEDGEMENTS:

Cover photo of the McCarthy sisters courtesy of Ashley McCarthy.

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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:

- North Idaho Services Directory ([niseservicesdirectory.com](http://niseservicesdirectory.com)) See pg. 22.
- Education Information Center ([edinfocenterca.com](http://edinfocenterca.com)) See pg. 2.
- Marketing & Communications to area nonprofits and agencies.

## 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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Fundraisers, festivals and fun for the whole family.



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# Family Day in the Park ... Another Great Year!



*The always popular CYT North Idaho's Disney Princes and Princesses*

## 2019 Recap!

The annual Family Day in the Park was another resounding success. An estimated 5,000 plus people attended the annual event on June 7, 2019 from noon until dusk. The Coeur d'Alene School district was a key partner again in 2019. The district distributed event schedules and information to all students as well as operating several activity areas at the event.

What a great kick off to summer that gives all kiddos a fun, free, healthy place to celebrate the last day of school!

The concept of cooperation and collaboration to fulfill the North Idaho Family Groups mission of "healthy families and lifelong learning" was proven to be one of the keys to the overall event success. Activities like, dancing with the Red Hot Mamas, Food Court, Coeur d'Alene Makers Market, and the Reading Corner grouped members and vendors with similar target audiences in the same area. Families were able to make the most of their visit depending on their area of interest.

Another key component to success was the ability to provide activities and attractions free to all attendees. Everything from books to otter pops and swag bags meant something for everyone.

Shelly Zollman, Executive Director of the North Idaho Family Group and Co-Organizer of the event said, "the community has wanted cooperation from

nonprofits to avoid duplication in services and events for years. We are honored and excited to have created the platform for that to happen, and have it be such a great success for participants and attendees alike."

The 2020 event will be held at the Coeur d'Alene City Park on June 5th starting at noon and is on track to be larger and better attended. Live performing arts, more food vendors, and new interactive technology events are just a few of the additions to the 2020 Family Day in the Park.

The event, scheduled to be held annually on the last day of school in Coeur d'Alene, is a partnership program operated as a fundraiser by the North Idaho Family group, a 501(c)3 nonprofit, for the benefit of its membership and the community.

**Plan to attend next June and watch for updates in the winter edition of this magazine and regular updates on the [nifamily.com](http://nifamily.com) website.**







COMMUNITY

Did you miss it?  
**Save the Date!**



Hands On Activities!



Dancin' Dinos!



NEW Activity Sponsor: TDS Communications!



The always fabulous Red Hot Mamas!

## 2020 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 5,000 attending in 2019, the spring 2020 event promises to be bigger and better. 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



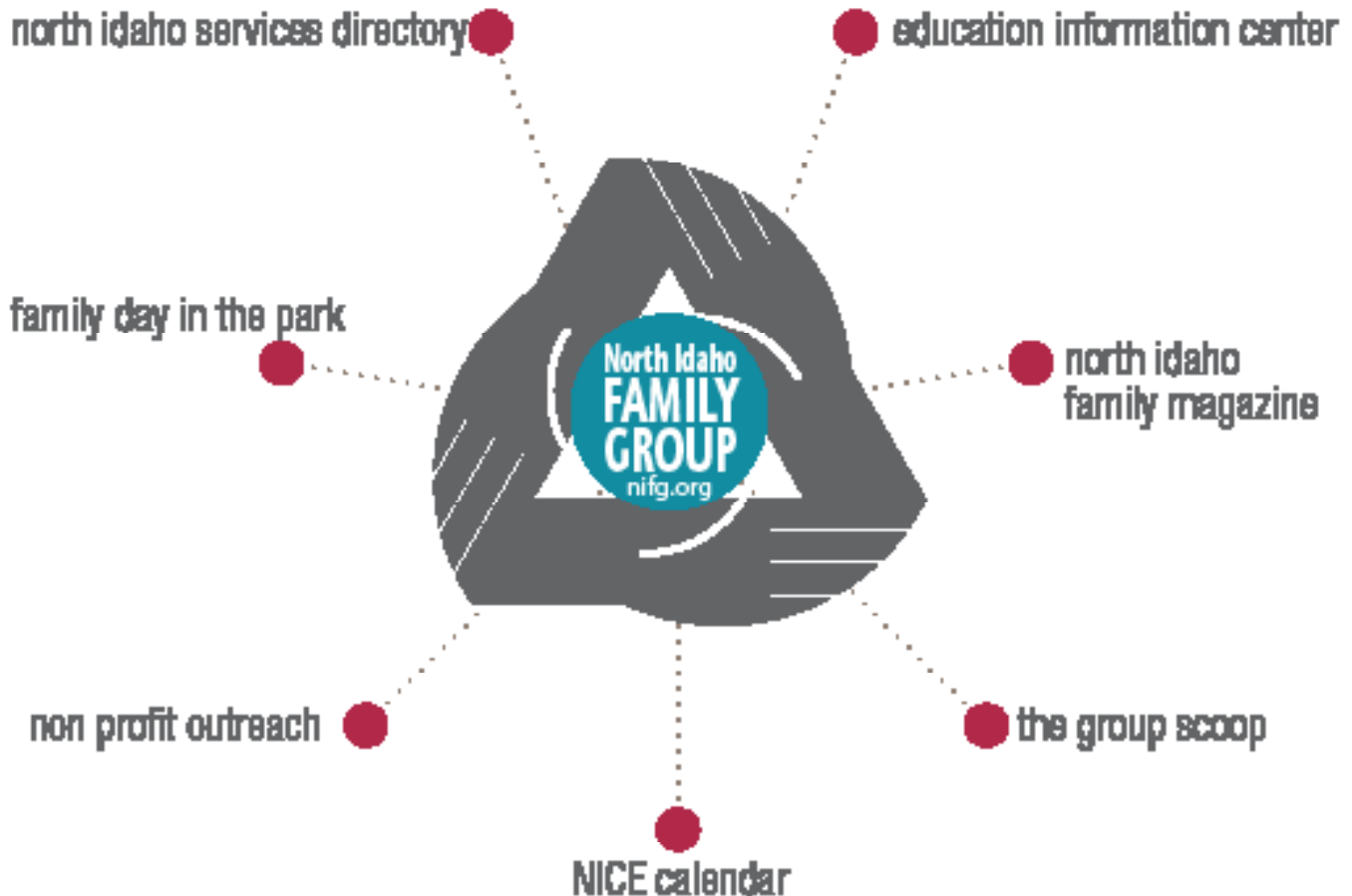
# North Idaho FAMILY GROUP

a communications & marketing coalition

# Join Us!

The North Idaho Family Group is a nonprofit 501(c)(3) corporation comprised of a fee based membership that is dedicated to promoting *healthy families and lifelong learning* in the communities of North Idaho. GET CONNECTED AND JOIN TODAY!

## WHAT WE DO:



## GET CONNECTED!

### 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
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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



# Nonprofit Connections:

## LEVERAGE YOUR MESSAGE WITH THE GROUP SCOOP:

This email newsletter has local nonprofit news and tidbits in super quick, digestible form. Email [Community@nifamily.com](mailto:Community@nifamily.com) with your events, news, requests, announcements, etc. We will post them in digest format.



## NORTH IDAHO FAMILY FACEBOOK GROUP

Join the North Idaho Family Facebook Group. This group is similar to the Group Scoop for sharing information with local nonprofits & agencies. [facebook.com/groups/northidahofamily](https://facebook.com/groups/northidahofamily). Join the Group and post away --- job listings, volunteer needs, events, opportunities, etc.

## NORTH IDAHO CHARITABLE EVENTS (N.I.C.E.) CALENDAR

Add your organization's fundraisers and events to this FREE calendar.

Visit [NIFamily.com](http://NIFamily.com) to add your event.



## Our Community AT A GLANCE



### NEW MEMBERS

Civic Engagement Alliance  
North Idaho College Adult Education  
North Idaho Higher Education  
Nurse Practitioners of Idaho  
Victory Alliance Marketing

## KOOTENAI HUMANE SOCIETY BREAKS GROUND ON SITE OF NEW SHELTER

The new Kootenai Humane Society shelter is expected to be complete by the end of 2020, depending on the fundraising process. Those who would like to learn about the shelter are welcome to request a free informational presentation and tour of the present facility by contacting Debbie Jeffrey or Vicky Nelson at 208-772-4019.

## FAMILY DAY IN THE PARK 2020

Save the date for 2020! Over 10,000 Facebook reach for this event in just over a week! Nonprofits and businesses who serve families should take advantage of this outreach event.

# InterAgency ... The Legacy Continues!

Bob Driscoll ended the InterAgency Communication Email (aka "The Driscoll List") and meetings in 2019 after many years of serving the community. The North Idaho Family Group is dedicated to continue the legacy of nonprofit and interagency communication & networking.



## THE SOUP SCOOP!

Soup, beverages, local nonprofit experts/presenters sharing regional expertise, networking, and continuing education in a new and unique format!

Occurring three times per year, starting in 2020, these dynamic events will be moderated, fast-paced, and fun!

Don't miss the opportunity to improve your organization and the community!

For more information, email [community@nifamily.com](mailto:community@nifamily.com), join the North Idaho Family Facebook Group (address above), and keep an eye out for announcements in The Group Scoop.







COMMUNITY

# Make a Difference!

## VOTE! TUESDAY 11/5!



CIVICENGAGECDA.COM



**GET INFORMED  
GET INVOLVED**



**VOTE TUESDAY 11/5/19**

POLLS OPEN 8AM - 8PM

**CITY ELECTIONS | FIRE DISTRICTS | SCHOOL DISTRICTS**

**EARLY VOTING AVAILABLE**

**10/21 - 11/1 | M-F 8AM-5PM**

Kootenai County Elections Office  
1808 N 3rd St. CDA | 208-446-1030

**WHERE DO I VOTE ON ELECTION DAY? WHAT'S ON MY BALLOT?**

Go to [idahovotes.gov](http://idahovotes.gov) > What's on my ballot?

Plan ahead & find your sample ballot at

[www.kcgov.us/707/Election-Information](http://www.kcgov.us/707/Election-Information)

**NOT REGISTERED? IDAHO OFFERS SAME-DAY REGISTRATION**

Election Day registration is permitted at your polling place on Election Day as well as the Elections Office during Early Voting. Proper photo identification and dated proof of residence is required. If no photo ID, then signing a Personal Identity Affidavit is an option.

go to [www.kcgov.us/329/Registration-Voting](http://www.kcgov.us/329/Registration-Voting) for more info

## Become a Student Representative!

The City of Coeur d'Alene is seeking youth representation on City Commissions, Boards, and Committees. Service on these boards gives high school students between the ages of 14 - 18 an unprecedented opportunity to learn about city government, special projects, and to become involved in the community.

If you are interested in serving as a student representative on any of the following committees, or know of a student who might be interested, please visit [www.cdaid.org/volunteer](http://www.cdaid.org/volunteer) and download an application. Possible committees on which you might serve are:

- Childcare Commission
- CDATV Committee
- Parking Commission
- Ped/Bike Committee
- Urban Forestry Committee
- Parks & Recreation Commission
- Library Board
- Arts Commission

Please email Amy Ferguson at [amyf@cdaid.org](mailto:amyf@cdaid.org) for more information or to request an application.

## Evolution Revolution!

Kootenai Environmental Alliance (KEA) hosted the 11th Annual junk2funk Eco-Fashion show on October 12th. Artists demonstrated their creative abilities on the runway by turning junk and recycled materials into fabulously fun designer outfits. This highly successful event mixed fashion, art, and sustainability before an intensely energetic crowd in one unforgettable riotous evening.



Photos courtesy of Jessica Mahuron

**junk2funk**



**INFO**

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



[illegible]

“Ambush marketing — the art of creatively taking advantage of another company’s promotional campaign to divert attention to your own brand — is a way to cheaply raise awareness at another advertiser’s expense. While it is not a part of a traditional marketing, an ambush-style campaign can create a big splash.”

Ambush marketing is a perfect way for a David-type business to draw attention away from a Goliath-like advertiser.


Can be less expensive than traditional advertising, Shorter time frame. Higher impact, Anyone can do it.

May attract negative attention to a brand, Not always as classy, Doesn't work as well for local campaigns.

In smaller communities, with many nonprofits vying for attention, sponsors, and grants, it's important to be aware of the effects of Ambush Marketing. Non-duplication and collaboration is essential.

.....

## Fall 2019 | 9



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## Your Local Library: More than Just Books!



*Toddler Time Music and Motion*

Libraries have always been a place where families can find books for all ages as well as story times, educational and entertaining programs, and sometimes hard-to-find information with the help of the Reference Desk. The Coeur d'Alene Public Library, and its Lake City branch in the high school library on Ramsey Road, also are your source for other items of interest:

- The Make-It Lab at the main library offers craft and other items and the tools you need to create whatever you can imagine.
- 3D Printing is available at the Research and Information Desk. Just bring you designs in on a thumb drive and choose the color you want. This is a free service.
- There is a wide variety of DVD titles available for checkout at both our library branches and by courier from the other libraries in the Cooperative Information Network.
- You can even check out items when the library is closed. The OverDrive system provides access to downloadable e-books and e-audiobooks. With Freegal you can download up to five digital songs a week that are your to keep or stream music anywhere you have Internet access.
- Don't have Internet? The library also has Hotspots you can check out and use at home or while you travel.



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Center.**

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under  
2 are  
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with paid  
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[www.jumpforjoycda.com](http://www.jumpforjoycda.com)



[cdalibrary.org](http://cdalibrary.org)  
[lclibrary.org](http://lclibrary.org)





# 25 Fun Things For Kids To Do

- 1.** Take an ArtWalk -- 5:00-8:00pm every second Friday of the month, April-December, stroll through beautiful Downtown Coeur d'Alene and enjoy local and nationally acclaimed artists. Visit supporting galleries, shops, restaurants and businesses. A free family-friendly event!
- 2.** Take the kids to see the CDA Vikings, Lake City Timberwolves or Post Falls Trojans football game and go to a Homecoming parade.
- 3.** Visit Jump for Joy on Dalton Avenue in Coeur d'Alene to bounce away on one of their giant inflatables. Also a great place for a birthday party!
- 4.** Go climb the rock wall at the Kroc Center.
- 5.** Learn to ice skate.  
[www.frontiericearena.com](http://www.frontiericearena.com)
- 6.** Donate your outgrown winter coat, still in good shape, to a local Coats for Kids Drive.
- 7.** Visit a pumpkin patch at Prairie Home Farm in Coeur d'Alene/Dalton.
- 8.** Go for a scenic drive. Check out this link for ideas: [fyinorthidaho.com/pdfs/map-north-idaho-driving-tours.pdf](http://fyinorthidaho.com/pdfs/map-north-idaho-driving-tours.pdf).
- 9.** Plan ahead and make homemade Christmas Gifts for your friends and family. Cookies, duct tape wallets, or coupon books with different favors (like a back rub!) make great gifts that have a personal touch.
- 10.** Take a walk around Tubbs Hill or the City Park and collect leaves, and then have a "Fall Craft Day. Make a leaf mobile with leaves and sticks, a homemade fall wreath, a leaf collage, place leaves inside contact paper to make a placemat, or make leaf rubbings.
- 11.** Have your kids plan a meal, including the shopping list. Go simple (Grilled cheese sandwich with a bowl of tomato soup) or plan a more complicated recipe together.
- 12.** Have a family board game night.
- 13.** Write a letter to your best friend (or your mom, or cousin, or whoever!) to tell them how awesome they are.
- 14.** Make a list of everything you are thankful for. See if you can get to 100!
- 15.** Make your own Mad Libs. There are "Mad Lib Generators" online, or instructions for making your own with an old book.
- 16.** Make a yummy dessert! Like the Pumpkin Bars on page 16!
- 17.** Create a fort in your living room out of blankets, pillows, or cardboard boxes.
- 18.** Go Snowmobiling! North Idaho has the snow & terrain to create a snowmobiler's paradise. Visit [fyinorthidaho.com/play/winter-sports](http://fyinorthidaho.com/play/winter-sports) for locations & descriptions of local terrain.
- 19.** Build paper airplanes and have a contest to see whose airplane can fly the farthest.
- 20.** Bundle up and watch the stars. Pick out constellations if you can.
- 21.** Donate canned food, cash, or a turkey to Community Action Partnership. 4144 Industrial Loop, Coeur d'Alene, ID 83815. (208) 664-8757.
- 22.** Learn to say "I love you" in five new languages.
- 23.** Take a walk around the Boardwalk and look at the Christmas Lights, or take a Cruise to the North Pole at the CDA Resort.
- 24.** Make snow angels (or snow people) and then decorate them. Grab an old spray bottle and fill it with cold water. Mix in your favorite colors of food coloring. Spray the snow angel and add decorations.
- 25.** Find the Perfect Christmas Tree. When you live in North Idaho the perfect Christmas tree can be found in your own "backyard" - the Idaho Panhandle National Forest. A permit is required for each tree cut and removed from National Forest Lands. Permits are \$5 and a family may purchase up to three tags. Permits are available from Bureau of Land Management or Idaho Panhandle National Forest offices or by mail.





# Fall & Winter \* Fundraisers \* Festivals \* Fun

- |              |  |             |   |
|--------------|--|-------------|---|
| September 25 | <b>A Martini Affair - benefit for Safe Passage ID</b><br>SEASON'S, COEUR D'ALENE<br>Buffet dinner & beverage, auction  | November 2  | <b>WinterSwap</b><br>KOOTENAI COUNTY FAIRGROUNDS. winterswap.com  |
| October 4    | <b>St. Vinny's New York Fashion Show</b><br>BEST WESTERN CDA INN<br>StVincentdepaulcda.org   | November 5  | <b>VOTE!!!</b>  |
| October 6    | <b>Run for the Angels 5K and Family Fun Event</b><br>MCEUEN PARK, CDA<br>Proceeds benefit the Safe Infant Sleep Education Outreach and Grief Support efforts of Idaho's Inland Northwest SIDS Foundation. inwsids.org              | November 9  | <b>SARS Ski Swap</b><br>BONNER COUNTY FAIRGROUNDS.  |
| October 12   | <b>Junk2Funk Eco-Fashion Show - benefit for Kootenai Environmental Alliance</b><br>COEUR D'ALENE EAGLES  | November 9  | <b>EXCEL Foundation Big Event</b><br>BEST WESTERN COEUR D'ALENE INN<br>Social hour, tailgating, raffles and live and silent auctions.   |
| October 24   | <b>CASA Un-Corked Benefit</b><br>HAGADONE EVENT CENTER<br>northidahocasa.com   | November 14 | <b>St. Vincent de Paul Annual "Souport" the End of Homelessness</b><br>11:00 A.M. SILVER LAKE MALL<br>Benefits St. Vincent de Paul Coeur d'Alene<br>stvincentdepaulcda.org  |
| October 23   | <b>Unity Day</b><br>HUMAN RIGHTS EDUCATION INSTITUTE   | November 14 | <b>North Idaho Philanthropy Day Celebration</b><br>11:00 A.M. BEST WESTERN PLUS CDA INN<br>idahononprofits.org  |
| October 26   | <b>Fall Fest and Applepalooza</b><br>DOWNTOWN COEUR D'ALENE  | November 29 | <b>Christmas Parade &amp; Lighting Ceremony</b><br>DOWNTOWN CDA<br>Lighted Christmas Parade, carols, and fireworks followed by the lighting of over 1.5 million lights to kick off the holiday season.  |
| October 31   | <b>Heart of the City Fall Festival</b><br>KOOTENAI FAIRGROUNDS<br>Free to the public. Food, crafts, candy & costumes. Past events have included a mechanical bull, inflatables, chili cook-off, pie-eating contests, music & more. | November 29 | <b>Kootenai Health Foundation's Festival of Trees</b><br>COEUR D'ALENE RESORT<br>Friday d'Lights, Senior Social, Festival Gala, Family Day, Children's Workshop, Luncheon Fashion Show, Dinner Fashion Show. Proceeds help fund projects and activities benefiting Kootenai Health and its patients. kootenaihealthfoundation.org |
| November 2   | <b>Dia de los Muertos Community Multicultural Day</b><br>HUMAN RIGHTS EDUCATION INSTITUTE<br>hrei.org  | December 1  | <b>Ugly Sweater Run</b><br>STARTS AT ST. VINCENT DE PAUL CDA  |
|              |  | December 7  | <b>Hayden Lights &amp; Parade</b><br>MCINTIRE FAMILY PARK   |
|              |  | December 8  | <b>Coeur d'Alene Makers Holiday Market</b><br>COEUR D'ALENE RESORT  |
|              |  | December 10 | <b>Human Rights Day</b><br>HUMAN RIGHTS EDUCATION INSTITUTE   |
|              |  | December 14 | <b>Kootenai Farmers Market - Winter Market</b><br>KOOTENAI COUNTY FAIRGROUNDS   |
|              |  | December 23 | <b>Santa's Schweitzer Visit Schweitzer Mountain</b><br>Santa's Traditional Schweitzer Visit. Santa hits the slopes and then stops off at the Selkirk Lodge on Christmas Eve. Schweitzer.com. All race proceeds benefit Specialized Needs Recreation   |
|              |  | Jan 1       | <b>Hangover Handicap Fun Run</b><br>TESH, INC   |

## Harvest & Holiday Fun

### Scarywood Haunted Nights

Oct 3 – Nov 7 (Closed Oct 31)

### Prairie Home Farm

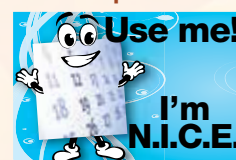
Wed & Sat in October

### Holiday Light Show Cruise to the North Pole

November 16 - January 1

### Traditions of Christmas

December 13-23, 2018



Visit [NIFAMILY.COM](http://NIFAMILY.COM) for the COMPLETE North Idaho Charitable Events (N.I.C.E.) Calendar

## \* Celebrate Diversity !

Oct 23: Unity Day



Together against bullying. UNITED for kindness, acceptance and inclusion.

Make it ORANGE and make it end! What are your true colors when it comes to showing that you believe that all youth should be safe from bullying? Come together in one giant ORANGE message of hope and support, WEAR AND SHARE ORANGE to color our nation, and even the world, visibly showing that our society believes that no child should ever experience bullying.

All regional schools will be participating and businesses and community members are encouraged to show their support.

Dia de Los Muertos Community Multicultural Day



Join us for a fun-filled day of arts and crafts, food, music and Hispanic cultural celebration showcasing the various crafting classes that were held throughout Hispanic Heritage Month. HREI Exhibit includes authentic artifacts and symbols demonstrating the unique heritage of Hispanic Culture and a viewing of local Rotary club global service projects conducted in Latin American countries. This is an event hosting activities for all ages.

November is Native American Heritage Month



Join HREI and experience various cultural activities throughout the month.

Dec 10: Human Rights Day



This annual community program highlights the Universal Declaration of Human Rights with a reading from students, musical celebration, crafts and a viewing of our current Social Justice exhibit.







# CLASS OF 2020

## FOCUS ON GRADUATION

### COLLEGE CHOICES AVAILABLE IN COEUR D'ALENE

It's now easier than ever to get a college degree and not even leave North Idaho. Whether you're in high school, about to graduate from high school, or you've been out of school for many years, there's lots of higher education opportunities in our backyard.

Not only are there a wide variety of courses to choose from, there's also variety when it comes to the type of degree to pursue. Here's some basic information about North Idaho colleges and universities:

### WHAT COLLEGES AND UNIVERSITIES ARE IN COEUR D'ALENE?:

- North Idaho College
- University of Idaho
- Lewis-Clark State College
- Boise State University
- Idaho State University

### WHERE ARE THE COLLEGES LOCATED?

The DeArmond Building was officially opened in September 2019 to serve all five colleges and universities represented at the North Idaho College Campus. Students are able to speak with college representatives to work on their admission & transfer process, financial aid, tutoring, and more.

### WHAT'S AVAILABLE FROM EACH COLLEGE OR UNIVERSITY?

For an excellent overview of what is offered in CdA, visit [www.northidahohighereducation.org](http://www.northidahohighereducation.org). There you'll find a summary of each school, a summary of what programs they offer, and links to the colleges' websites.

### THE APPLICATION PROCESS

Each school has a slightly different process, but here's some basic information that will help.


1. Idaho colleges operate on a semester system. In general that means one semester begins in August and the other in January. Most colleges also offer a compressed summer session.
2. The Idaho State Board of Education has made applying to Idaho Colleges even easier. Seniors receive an

acceptance letter from Idaho Colleges based on their test scores. They can then follow these steps from the [nextsteps.idaho.gov](http://nextsteps.idaho.gov) website:

- Use the Idaho Schools Directory to research your options.
- Compare your options side by side.
- Think about visiting an Idaho college campus.
- Use Apply Idaho to submit applications to the Idaho colleges and universities you may want to attend, with no application fee.

### FINANCIAL AID AND SCHOLARSHIPS

Going to college is expensive. Be sure to tap into every resource you have to help fund your college experience. Here are a few tips:

1. Visit your college website and search for scholarship opportunities. Every college has scholarship money available. You'll also find lots of information and links on their website to great resources to help pay for college.
2. Complete and submit the Free Application for Federal Student Aid or FAFSA. It's the federal government program for financial aid and student loans. Each college can help you learn about the financial aid process and there's lots of information online at [studentaid.ed.gov/sa/afsa](http://studentaid.ed.gov/sa/afsa) 
3. There is funding available for Idaho high school students that helps pay for college tuition for dual credit classes or exams. Check with your high school counseling office for how to apply.
4. Visit [edinfocentercda.com/Pay-for-School/North-Idaho-Scholarships](http://edinfocentercda.com/Pay-for-School/North-Idaho-Scholarships) for the most comprehensive list of local, state, and regional scholarships

### A FEW MORE THINGS!

- Don't be afraid to ask LOTS of questions.
- The Admissions Office at every college is there to help you.
- You're not the only one to ask that question! Keep asking questions until you understand exactly what needs to be done.
- Deadlines are deadlines. There's no flexibility. Start early so you have lots of time to figure it out.



# NIC Adult Education Center Now Accepting New Students

North Idaho College's Adult Education Centers are now accepting new students. The free classes prepare students to take the GED battery of tests. Classes begin on Tuesday, Sept. 3, but continuous enrollment is offered, so a student can begin a course of study any time. Centers are located in Coeur d'Alene, Sandpoint, Kellogg, and Bonners Ferry.

After completing a skills review, incoming students meet with an adult education student advisor to assess their skills and create an education plan. Tuition and learning materials are provided at no cost.

The Adult Education program provides instructor-led day and night classes, and also offers GED Academy, a free online study course. The center serves individuals, 16 years of age and older, who have withdrawn from public school and adults who have a high school diploma, but would like to upgrade their skills.

Those interested should sign up for a mandatory orientation and assessment at one of the five northern locations:

- Coeur d'Alene Adult Education Center at North Idaho College - (208) 665-5099
- Bonners Ferry Adult Education Center - (208) 267-3878
- Sandpoint Adult Education Center - (208) 263-4594
- Silver Valley Adult Education Center (Kellogg) - (208) 783-1254

**INFO**  
nic.edu

# Free Career Assessment

The community is invited to free career assessment workshops at North Idaho College on Nov. 13, which is national and Idaho Career Development Day.

"You'll be able to take advantage of the best career assessments in the world," said Gail Laferriere, NIC assistant director of Career Services. "NIC will provide high-quality career counseling led by masters' level counselors. You'll have at your disposal an experienced certified career counselor, and two counselors certified in the administration and interpretation of the Strong Interest Inventory and the Myer-Briggs Type Indicator."

The entire month of November is National Career Development Month. There is also help available online now at [www.nic.edu/career](http://www.nic.edu/career). Anyone interested has free access. Just click on "Step 1: Finding Out About Yourself" to discover your purpose.

Watch for the sign-up link for the Nov. 13 event at [www.nic.edu/career](http://www.nic.edu/career) or email [career@nic.edu](mailto:career@nic.edu) to receive sign-up information first.



*Gail Laferriere, NIC assistant director of Career Services (right), works with Isabella Morris to help her find the career that best matches her skill set, personality, and needs.*

**INFO**  
nic.edu  
Gail Laferriere (208) 769-7700

## EdInfoCenterCDA.com: 5 years and growing!

The Education Information Center has been up & running for 5 years in November, 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



**Kids can be a great help in the kitchen.**

**Parents can make it a learning experience.**

# Yummy Pumpkin Bars make a great an after-school snack

## INGREDIENTS

- |                                |  |
|--------------------------------|--|
| 4 eggs                         | 2 teaspoons ground cinnamon                |
| 1 2/3 cups white sugar         | 1 teaspoon salt                            |
| 1 cup vegetable oil            | 1 (3 ounce) package cream cheese, softened |
| 1 (15 ounce) can pumpkin puree | 1/2 cup butter, softened                   |
| 2 cups all-purpose flour       | 1 teaspoon vanilla extract                 |
| 2 teaspoons baking powder      | 2 cups sifted confectioners' sugar         |
| 1 teaspoon baking soda         |  |

## DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium bowl, mix the eggs, sugar, oil, and pumpkin with an electric mixer until light and fluffy. Sift together the flour, baking powder, baking soda, cinnamon and salt. Stir into the pumpkin mixture until thoroughly combined.
3. Spread the batter evenly into an ungreased 13" x 9" x 2" rectangular pan. Bake for 25 to 30 minutes in preheated oven. Cool before frosting.
4. To make the frosting, cream together the cream cheese and butter. Stir in vanilla. Add confectioners' sugar a little at a time, beating until mixture is smooth. Spread evenly on top of the cooled bars. Cut into squares.



## Handy School Lunch Tips



**DIY "Lunchables."** Slice & bag salami, pepperoni, ham, turkey, etc. and cheese. Use a separate bag for crackers. You control the portions & it costs much less.

**Salty/crunchy snacks.** Buy a big bag, and then do portion control into snack bags. Try to avoid the high-fat, trans-fat-loaded choices and go with things like popcorn (homemade!) or pretzels.



**Yogurt.** There are so many choices these days that it's easy to find a lunch-friendly container or tube of yogurt.

**String cheese.** LOTS of different kinds to choose from.

**Fruit.** Fresh fruit is best, of course. You can slice some apples and add a little citrus juice (orange, lemon, lime) to keep apple slices from getting brown. No fresh fruit? Most dried fruit is high in sugar and low in fiber, but still better than nutrient-free gummy snacks.



**Juice.** There is a lot of high-sugar, no-nutrient juice out there. Look for labels that say "100% juice." Izze sparkling juices are actually a decent option and with the carbonation, are better than pop.

Best of all, all of the above items can be packed in advance and thrown together quickly to decrease preparation time in the morning.



# Choosing Nurse Practitioners for your Family's Care

When choosing a healthcare provider to care for your family, you may want to consider a nurse practitioner (NP). NPs are licensed, board certified, independent practitioners who can practice in multiple settings. You will often see a NP in a rural or underserved area where the need for primary care providers is great but the supply of primary care physicians is low. In northern Idaho they practice both in physician owned medical offices as well as their own clinics. They are able to diagnose, treat and manage both acute and chronic illnesses, everything from an ear infection to diabetes and heart disease. A board certified family nurse practitioner (FNP) can see not only you, but your kids and your parents too! In fact Americans make over 1 billion visits annually to a NP. NPs accept and bill insurance with most FNPs accepting both Medicare and Medicaid. Slightly more than half accept charitable or uncompensated patients.

Clinical research has shown that NPs provide quality care with high patient satisfaction rates. This is likely because they take their time and focus on the whole person, providing a range of care that concentrates on patients' physical and mental well-being, while counseling on lifestyle choices, and educating on health risks and disease processes.

**INFO**

[npfinder.aanp.org](http://npfinder.aanp.org)



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



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



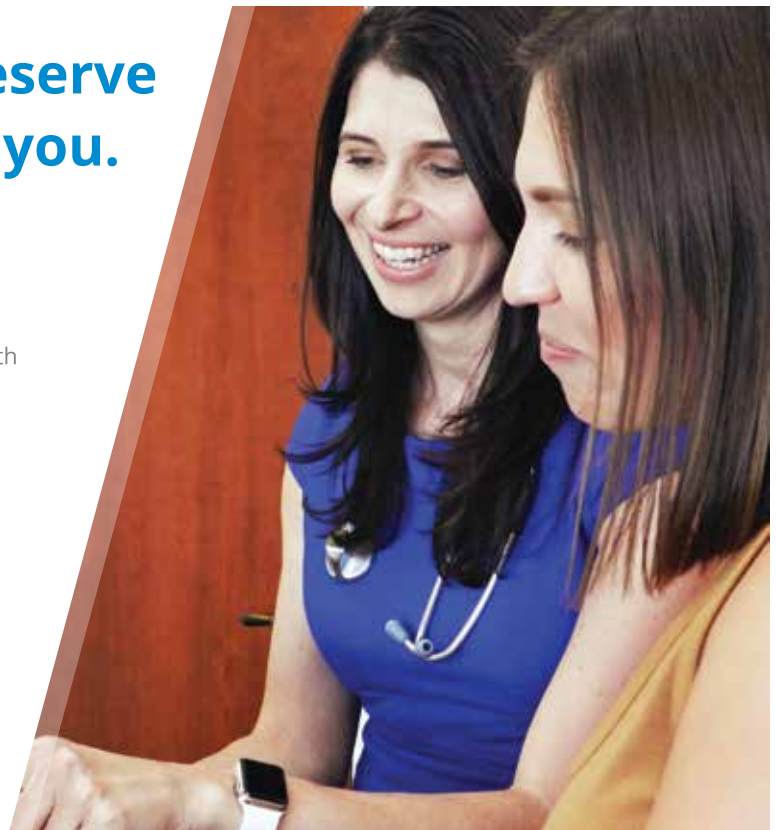
Evening and Saturday Clinic Available  
**3 Locations to serve you!**  
700 W. Ironwood Dr, Coeur d'Alene – 667-0585  
1300 E. Mullan Ave, Post Falls – 777-1330  
9095 N. Hess St, Hayden – 772-8940

## 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)



# Relationship and Time

What does relationship and time have to do with babies and pregnancy tests? Facing a positive pregnancy test, a woman may be thinking, "How can I fit a baby into my already busy life?"

At Open Arms Real Choices Clinic we focus on building relationships within a time frame that works for everyone. Our approach is to develop relationships with the clients so they know they are not alone and there are people here who love them, and are committed to support them for as long as they need.

The Open Arms educational curriculum has recently expanded to include not only pregnancy and childbirth courses, but also fatherhood parenting, life skills, healthy relationships and more. With the newer technology comes the ability to text their streaming videos to clients who are unable to come to the clinic, which allows for continued relationship building. This allows greater reach and connection to clients, including those who have had babies and find it difficult to come to the clinic. When clients watch the lessons and complete the discussion questions at home, they may bring in the homework, meet with an advocate, and shop the boutique just the same as if they had watched the video in the clinic. This capability is a valuable service to keep the relationships and learning at the same time.

At Open Arms each advocate wants to create an atmosphere where learning is at the optimum, time is well utilized and relationship is fundamental. Here are a few simple suggestions to consider:


- How intentional are you when putting an item on your calendar, or do you let your schedule rule you?
- Discuss with your family how they can best manage their time. Start in small increments.
- Be aware of the over scheduler syndrome. Too much scheduled time adds stress to the whole family.
- Instead of adding to an already busy schedule, what is one thing you can take from your schedule that will alleviate stress?
- What is more valuable to you at this time of your life? Time. Relationship. Both.

Whether you are adding a new family member into your tribe, or your kids are spread out in multiple activities, consider the value of relationship and time. It's okay to slow down. Breathe in. And say today is good.



INFO

Real Choices Clinic  
1800 Lincoln Way, #201 CdA  
208-667-5433






## Heritage Health

PEDIATRICS

serving patients at our following locations:  
Coeur d'Alene | Post Falls | Rathdrum

ACCEPTING NEW PATIENTS  
208.620.5250

Follow Us!  


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

## Get Ready for Snow!

National Safety Council recommends the following tips to shovel safely.

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion

More info: [goo.gl/yYSCQb](http://goo.gl/yYSCQb)



# Connecting with Kids

Like many first-time mothers, Holly Montgomery has concerns about raising her 4-year-old son, Roman. Worry and stress are part of the equation. She takes comfort knowing that the answers to her questions are only a phone call away to her pediatrician, Dr. Nicole Odom.

“Dr. Odom is very thorough and very reliable,” said Montgomery. “She doesn’t belittle a parent’s worries as some doctors do. She doesn’t roll her eyes or make me feel bad for asking a question. She is very open to having me call her with a question and I appreciate it.”

As a specialist in the care of children, Dr. Odom is building her practice with Heritage Health to oversee the growth, development and health of young people to ensure they achieve their highest potential

“Kids are the best,” said Odom. “Getting to know their story and watch them grow is rewarding.”

Originally from the Inland Northwest, she has made Coeur d’Alene her home with her husband, Josh, and their three children.

Dr. Odom graduated medical school from the University of Colorado in Denver, Colorado in 2013. She then attended her Pediatric Residency at Children’s Medical Center in Dallas, Texas. She committed to dedicate her life’s work to helping people in tangible ways, by helping them recover, achieve or maintain their best possible health.

Dr. Odom enjoys working with infants and new mothers and has a special interest in lactation and breastfeeding support. She also enjoys working with children with special needs and medically complex patients.

“At Heritage, I have the luxury of delivering personal care,” said Odom. “It’s not a mill where we run people in and out.”

It’s second nature for Odom to connect with children and their parents. Her warm smile and personable nature resonate deeply with Montgomery and her son.

“She takes the time to explain the details,” she said. “Roman loves her. He talks about Dr. Odom all the time. They have such a cool connection.”

Dr. Odom is accepting new patients from birth to age 21 in Coeur d’Alene and Rathdrum.



**INFO**

myheritagehealth.org  
208-620-5250

## Fabulous Fall Colors ...

Have a great seasonal picture? Send it to [community@nifamily.com](mailto:community@nifamily.com) for our next issue!



*Grandbaby Conroy, courtesy of Brianne Skilbred*



*Sadie Russell, courtesy of Tyler Lunde*



*The McCarthy sisters courtesy of Ashley McCarthy*



# Pet Insurance Pros & Cons

Pet insurance can be a good deal if you consider it well in advance, measure it against your lifestyle and philosophical beliefs and the specific characteristics of your pet. Not all pet insurance companies are the same. Policies have varying levels of coverage and there are a variety of prices and services provided. There are approximately 10-12 companies that are regularly compared by a variety of third party online organizations. Shop all of them to find the one right for you. Here are a few tips to keep in mind:

- Read the fine print. Unlike human health insurance, there is less of it and it can affect the premium and payouts much more dramatically.
- Plans that cover emergencies are the most valuable. Routine coverage policies tend to be less than a break even situation most of the time.
- Old dogs are more expensive. Consider the age, breed and mental attitude of your pet when shopping for insurance.
- Assure your policy is able to be cancelled without penalty.
- Measure the premium and deductible costs against your expected annual vet bills. If your premiums are more than you budgeted, insurance could be in place for a catastrophic event only and may still be worthwhile, both financially and during an emotional time surrounding a health crisis for your four legged friend.



More info: [ASPCA.org](http://ASPCA.org) or [petinsurancereview.com](http://petinsurancereview.com)

## NORTH IDAHO FAMILY MAGAZINE

**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)
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- ☐ **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.



# Fun Holiday Candy Recipes

## Candy Corn Chocolate Bark

### INGREDIENTS

- 1(12-oz) bag chocolate chips
- Candy corn
- Mini marshmallow
- Peanuts
- Pretzel sticks

### DIRECTIONS

- Mist a rimmed baking sheet with cooking spray and line with parchment paper.
- Microwave chocolate chips in a microwave-safe bowl 2 minutes, then stir.
- Microwave in 30-second increments, stirring in between, until smooth, about 1 more minute.
- Pour onto parchment and spread into an 8-by-10-inch rectangle. Sprinkle with candy corn, mini marshmallows, and pretzel sticks.
- Refrigerate overnight, then snap into pieces.



## Candy Corn Facts

- October 30 is National Candy Corn Day.
- One serving of candy corn contains about 140 calories.
- Vintage Goelitz packages of candy corn feature a rooster and the tag line, Something worth crowing for, which earned it the not so sweet nickname "Chicken Feed".
- More than 35 million pounds of candy corn will be produced this year. That equates to nearly 9 billion pieces.
- People have strong feelings about how one should consume these uniquely triangular and tricolored treats. They're pretty evenly divided on starting with the white tip and working your way down or eating it all at once. Only 10% started with the yellow end.
- Candy corn is second only to chocolate when it comes to favorite Halloween candy.
- These little triangles were groundbreaking when they were first produced in the 1880s. Runners (men running with scalding hot buckets of liquid candy corn) had to pour each color separately into triangular molds.

## Candy Cane Chocolate Bark

### INGREDIENTS

- 1 cup white chocolate candy melts
- 1 cup dark chocolate candy melts
- 3 Tbsp. crushed candy canes
- wax paper

### DIRECTIONS

- Line a cookie sheet with wax paper. Set aside.
- Place dark chocolate melts in medium microwavable bowl. Microwave on medium power for 30 seconds. Stir mixture and continue to microwave for 30 second intervals until chocolate is completely melted.
- Pour dark chocolate onto prepared cookie sheet and spread over surface with a spatula. Place cookie sheet in the refrigerator to harden.
- In the meantime melt white chocolate melts using the same 30 second interval method. Pour the melted white chocolate over the hardened dark chocolate on the cookie sheet.
- Using a knife, draw lines through the chocolate layers to create a pattern. Sprinkle with crushed candy canes.
- Return cookie sheet to the refrigerator until the bark has hardened.
- Once completely cooled and hardened remove from the fridge and break apart into pieces.
- Store in a sealed container in a cool dark place so it does not melt.



## Candy Cane Facts

- A candy cane turned upside down reveals the letter J, which many believe represents Jesus.
- National candy cane day is celebrated on December 26 in the United States.
- The first candy cane was made over 350 years ago.
- The first historical reference in America to the candy cane dates back to 1847. A German immigrant from Wooster, Ohio decorated his Christmas tree with candy canes.
- The red and white striped candy canes were first made around 1900.
- The traditional candy cane flavor is peppermint, however, it is also made in a variety of other flavors and colored stripes.
- Over 1.76 billion candy canes are made each year.
- The biggest candy cane ever made was 51 feet long.
- Nearly 2 billion candy canes will be sold in the four weeks before Christmas and Hanukkah.





# 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

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 Charter Academy | 4904 N. Duncan Dr | Cd'A | [cdacharter.org](http://cdacharter.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 | [thedancecompanycdacda.com](http://thedancecompanycdacda.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)  
Idaho Distance Education Academy | 877-1513 | [idahoidea.org](http://idahoidea.org)  
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 | [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)  
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)  
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 | [shrinerhospitalsforchildren.org/spokane](http://shrinerhospitalsforchildren.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](http://jazzedaboutreading.org)  
The Art Spirit Gallery | 415 Sherman Ave | 765-6006 | [theartspiritgallery.com](http://theartspiritgallery.com)  
Bean & Pie | [beanandpie.com](http://beanandpie.com)  
Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Cd'A | 765-8600  
[cytnorthidaho.org](http://cytnorthidaho.org)  
Coeur d'Alene Arts & Cultural Alliance | 105 N 1st St, Suite 100 | Cd'A | 292-1629 | [artsandculturecda.org](http://artsandculturecda.org)  
Coeur d'Alene Canoe & Kayak Club, Inc | PO Box 3312 | Cd'A | [cdacanoekayakclub.org](http://cdacanoekayakclub.org)  
Coeur d'Alene Public Library | 702 E Front Ave, Cd'A | 208-769-2315 | [cdalibrary.org](http://cdalibrary.org)  
Coeur d'Alene Summer Theatre | 4951 Building Center Dr., #105 Cd'A | 660-2958 | [cdasummertheatre.com](http://cdasummertheatre.com)  
Community Library Network | Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, Spirit Lake | [communitylibrary.net](http://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](http://eliteauctioninc.com)  
Emerge | 208 N 4th St | Cd'A | 818-3342 | [emergecda.org](http://emergecda.org)  
Melissa Dalton Hunt - A Taste of Newberys | [mbhunts1965@gmail.com](mailto:mbhunts1965@gmail.com)  
Idaho Education News | [idahoednews.org](http://idahoednews.org)  
Idaho Public Television | [idahoptv.org](http://idahoptv.org)  
Innovia Foundation | [innovia.org](http://innovia.org)  
Jump for Joy | 250 West Dalton Ave | Cd'A | 208-664-5200  
[jumpforjoycda.com](http://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](http://kayakcoeurdalene.com)  
Quest Summer Day Camp @ CDA Nazarene | 4000 N 4th St. | Cd'A | 667-4813  
[cdanaz.org](http://cdanaz.org)  
Office Depot | [officedepot.com](http://officedepot.com)  
The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course Rd. | Cd'A | [kroccda.org](http://kroccda.org)  
Sport Clips | 762-6655 | [haircutmenhaydenprairieid.com](http://haircutmenhaydenprairieid.com)  
Strikezone / VRCDA | [teamvsports.com](http://teamvsports.com)  
Victory Alliance Marketing | [victoryalliance.us](http://victoryalliance.us)

## Pet & Animal Services

Coeur d'Alene Animal Control | 5500 N. Government Way | Cd'A  
446-1300 | [kcsheriff.com/animalcontrol.html](http://kcsheriff.com/animalcontrol.html)

## Religious/Fraternal

First Presbyterian Church | 521 E Lakeside Ave | Cd'A | [1stpresdowntown.org](http://1stpresdowntown.org) | 667-8446  
Heart of the City Church | 722 W Kathleen | Cd'A | 665-7808 | [theheartcda.com](http://theheartcda.com)  
The Vine Church | 9407 N Government Way | Hayden | 449-2080 | [thevineidaho.org](http://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](http://ehoni.org)  
Kootenai Health Senior Care Program | 2003 Kootenai Health Way Cd'A | 625-5353 | [kh.org/family-support-services/respite-care-program](http://kh.org/family-support-services/respite-care-program)

## Social Services

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

## Special Needs

Trinity Group Homes, SVDP | 201 E. Harrison Ave. | Cd'A  
664-3095 | [stvincentdepaulcda.org](http://stvincentdepaulcda.org)

## Substance Abuse-Recovery/Prevention

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

## Support Networks/Groups

Mothers Haven | [MothersHaven.com](http://MothersHaven.com) & [Mamanook.com](http://Mamanook.com)  
Operation Second Chance | [operationsecondchance.org](http://operationsecondchance.org)

## NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS • BASIC NEEDS • COMMUNITY RESOURCES



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