

**FREE**

Winter  
2021

# NORTH IDAHO FAMILY

TM

M A G A Z I N E

*Now in its  
22nd year!*



*what's inside:*

**The Red Hot Mamas!**  
**Family Day in the Park 2021 Preview**  
**2021 Graduation Countdown**

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







# Our local levy supports educational opportunities not fully funded by the state.



State and federal funding provide about 75% of what it takes to fund our schools.

The rest comes from our 2-year local levy, which pays for programs and services our district has provided for years.

*Levy dollars help fund essential programs and opportunities such as:*

- ▶ Safety
- ▶ Health
- ▶ Staffing
- ▶ Classroom Support
- ▶ Skilled Trades
- ▶ Enrichment
- ▶ Transportation
- ▶ Technology



## OUR TAX RATE IS DROPPING

The school district tax rate of \$1.79 per \$1,000 is projected to decrease to \$1.71 this year.



If you are registered to vote in Idaho, just point your phone camera at the QR code to enter your ballot request form. The deadline to request your ballot for the March 9th election is February 26th. Or visit [idahovotes.gov](http://idahovotes.gov).

[WWW.CDASCHOOLS.ORG/LEVY](http://WWW.CDASCHOOLS.ORG/LEVY)



# VOTE MARCH 9TH

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

**208.699.0126**

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

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

1048 1/2 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 22 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 11: Family Day in the Park**  
**FREE participation.**  
**Information on page 10**

## North Idaho Nonprofits: GET CONNECTED!

## Join the North Idaho Family Group

For your \$100 annual investment you will receive:

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

## How to Join

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

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# Parent Alert! Watch for These Apps

It's important to keep children safe online. While danger can lurk almost anywhere on the internet, these apps and social media sites are ones parents need to be particularly aware of.

Although the parents of the youngest segment of the population grew up with computers, phones, and the wonders of digital connectivity, there is no match for the comfort today's youth has with all things tech.

However, while they are extremely comfortable using these devices, they are often also unaware of many of the risks they face.

They may do things that put themselves or others at risk, and often they do so only because they do not fully comprehend the consequences of their actions. Yet no one is going to advocate for denying children access to technology. Screen time should be limited, sure, especially for younger children. But the internet and its related devices offer our kids so much that it would be wrong to deny them access.

Therefore, we must find a way to help our kids stay safe online and develop the needed skills to identify and avoid harmful situations.

To do this, though, it's important to know more about some of the most common dangers so that we can protect our kids and have the right conversations with them about what to do while online.

These are fourteen of the most common apps and social media sites you need to be aware of to help keep your kids safe.

Source and more info about the apps: <https://www.broadbandsearch.net/blog/apps-social-media-online-safety-parental-awareness>

Additional sources on internet safety and apps can be found here: <https://www.common sense media.org/blog/16-apps-and-websites-kids-are-heading-to-after-facebook>, and FamilyEducation.com <https://bit.ly/39fbsCG>



## Covid-Style Online Learning/Homeschool Tips

Whether your kids are virtual-learning part-time, or you're homeschooling, it's key to keep your kids busy and also keep your sanity. Today.com just released an updated version of 101 free resources & tips for home-schooling during COVID-19, such as:

- Find out what kids need to know
- Use free educational websites like Outschool, Khan Academy, and Open Culture
- Find a learning style that suits your family
- Create a home-school routine
- Check out free Ebooks
- Play free read-alouds
- Watch free webinars
- Listen to free audiobooks & podcasts
- Print free activity sheets

Take advantage of the wealth of resources out there! Connect with other parents, take a walk ... We truly are all in this together!

Source & all resources: <https://on.today.com/3cwvzP1>



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# Annual "Must Do" List

It's not a New Years Resolution per se, but making the completion of this list an annual 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 your Insurance Coverages:

It is important to review your policies periodically, especially with skyrocketing construction costs ... The reason behind this is to ensure that you continue to have adequate protection for the future and to safeguard your income earning abilities despite all the life changes you may go through.

## 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 renewals (clubs, memberships, magazines, etc.) are ones you still use, and cancel those you don't want.
- Check payment apps (CashApp, Venmo, etc.) and digital payment cards for expirations, balances, etc.

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

Date: January 11, 2017

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

I, please print full 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 Citizens Election) ☐ Tuesday following 1st Monday in November (General Election and/or Young Citizens Election)  
☐ Special Emergency Election to be held on \_\_\_\_\_

My home address is: \_\_\_\_\_ Your Address: \_\_\_\_\_ is \_\_\_\_\_ Cour d'Alene  
(Please Number and Street) (City)  
and I am duly registered in Kootenai County, Idaho. Please mail ballot(s) to me at the following address:  
Your Name: \_\_\_\_\_  
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

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

## 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.

## 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.



# Paint the Town Red, White, and Blue!



The Red Hot Mamas of Coeur d'Alene, Idaho represented the beautiful state of Idaho in the "Parade Across America" as part of the Presidential Inauguration Celebration on January 20, 2021. The event was livestreamed at <https://BidenInaugural.org>.

The popular musical/comedy community service Red Hot Mamas performance company traveled a warp speed road to create their performance for the event.

Mikki Stevens wasted no time recruiting 10 RHM performers who cleared their schedules to attend focused dedicated rehearsals for 6 straight days to be ready to film their segment ASAP if formally invited.

Coeur d'Alene Mayor Steve Widmyer was pleased to hear of the selection.

"For more than two decades I've witnessed this group delight audiences around the globe," Widmyer said. "They represent the incredibly positive spirit that resonates throughout our community."

A flurry of messaging, emails, texts, and calls engulfed the days.

January 15 was Showtime! In spite of the cold temperatures of the day, the window walls at the Hagadone Event Center were opened to feature North Idaho scenery as the backdrop of the performance.

"We were surprised, honored and humbled to be the group invited to represent the great state of Idaho for this event," said Stevens. "We had the experience of a lifetime making it through the application and audition process to perform in two previous Inauguration Parades live in Washington, D.C. This year's surprise invitation came without making application. We are thrilled to be able to contribute in this year's virtual parade with the special goal of highlighting the goodness and hope of Americans across our nation."

"We could not do it without the support of our families and community," said Stevens. "We are especially thankful to the Hagadone Hospitality Co. facility, Backhand Productions filming, 1st Presbyterian Church rehearsal space, Kiki Miller public relations and organizational management, an army of praying grandmas, and the many other volunteers who made this possible on such short notice."

The members of this COVID year mini-team include medical and health professionals, educators, business managers, retirees, and a scientist; all with loving hearts of a humanitarian nature.

Over their 25 year history, The Red Hot Mamas have appeared in hundreds of local and regional parades, national parades including the Macy's Thanksgiving Day Parade and the Fiesta and Holiday bowls. Additionally, they have traveled to London and received a Medal of Merit from the Lord Mayor of Westminster. They've also received commendation from the President of the United States of America, and were entered into Congressional Record by Idaho's former Governor, Butch Otter. The veteran's administration has awarded them the Americanism award for their original scripted production of "The triumphant American Spirit". They work at community service monthly.

The Red Hot Mamas have been a popular draw because of their creative and innovative parade routines, stage shows and event appearances. They can be reached through [RHMamas.com](http://RHMamas.com) or FB.

**T**he popular musical/comedy community service Red Hot Mamas performance company traveled a warp speed road to create their performance for the event.





## Are you a WORD NERD?

Try out this cool Word finder site at Onelook.com. Great for writing papers and generally improving your vocabulary. Thesaurus on steroids!

### OneLook Dictionary Search

Definitions

Related words

#### Example searches

<a href="#">bluebird</a>	Find definitions of <i>bluebird</i>
<a href="#">blue*</a>	Find words and phrases that start with <i>blue</i>
<a href="#">*bird</a>	Find words and phrases that end with <i>bird</i>
<a href="#">bl????rd</a>	Find words that start with <i>bl</i> , end with <i>rd</i> , with 4 letters in between
<a href="#">bl*-snow</a>	Find words that start with <i>bl</i> and have a meaning related to <i>snow</i>
<a href="#">*snow</a> or <a href="#">:snow</a>	Find words related to <i>snow</i>
<a href="#">*winter sport</a>	Find words related to the concept <i>winter sport</i>
<a href="#">**winter**</a>	Find phrases that contain the word <i>winter</i>
<a href="#">expand:nasa</a>	Find phrases that spell out <i>n.a.s.a.</i>

Also see the new  
[OneLook Thesaurus and Reverse Dictionary](#)

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in Coeur d'Alene

Visit [NorthIdahoHigherEducation.org](http://NorthIdahoHigherEducation.org)  
to Learn More.

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ARE YOU LOOKING FOR A FREE LIBERAL ARTS, COLLEGE PREPARATORY SCHOOL FOR YOUR STUDENT IN GRADES 6-12? LOOK NO FURTHER THAN KOOTENAI COUNTY'S ORIGINAL CHARTER SCHOOL!

APPLY TODAY  
FOR 2021-2022!  
PRIORITY APPLICATION  
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# Important deadlines for 2021 High School Seniors

NOW is the time to apply for financial aid & scholarships for the 2021/2022 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.

- 2021/2022 FAFSA (Free Application for Federal Student Aid) is available NOW (FAFSA.ed.gov – Make sure to use THIS site to apply).
- Early 2021: Deadline for CSS / Financial Aid PROFILE Application (found at CollegeBoard.org)
- March 1, 2021: 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.



# Successful Young Readers Need All of Us

Opening Books, Opening Doors is encouraging community ownership over childhood reading with a public action campaign called "This Book".

- The campaign messaging emphasizes that a book, "This Book", can have significant benefit for children and a community. "This Book":
- Opens Doors – kids who master reading by 3rd grade are five times more likely to be college or career ready
- Removes Barriers – reading to a child is more important to their language and reading development than their family's income or social class
- Grows Our Economy – every dollar spent on a donated book generates \$64 in benefits for the whole community
- Fights Crime – as the average educational level in a community increases, the crime rate in that same community decreases by 13% – 27%

"This Book" extends the focus from the parent's responsibility to the community's responsibility and calls on everyone in the community to improve early childhood reading success with two simple actions:

- Read to a Child
- Donate a Book



INFO

[www.innovia.org/thisbook](http://www.innovia.org/thisbook)  
[avoeller@innovia.org](mailto:avoeller@innovia.org)





## Our Community AT A GLANCE



### 2020 WAS A BANNER YEAR FOR MOBILE SANTA.

- Because it is so popular two extra nights were added.
  - 1 Community
  - 7 nights
  - 31 volunteers
  - Over 230 volunteer hours
  - 3,000 candy canes handed out
  - \$3,181 dollars collected (previous record, \$746)
  - Over 7,000 pounds of food collected (previous record, 2,500)
  - Infinite number of positive interactions with our community
- Thanks to Captain Jake Bieker who always leads this wonderful event.

### EMERGE RECEIVES \$50,000

Emerge is excited to announce that they have been awarded \$50,000 from the Windgate Foundation.

They have received the award to support the remodel of their new gallery and classroom space in Downtown Coeur d'Alene located at 119 N 2nd St.

### LIBRARY SETS UP TWO FAMILY READ, PLAY AND LEARN CENTERS

CDA Public Library's Outreach Services Librarian Char Beach has set up two "Family Read, Play and Learn Centers" at laundromats. Char was able to set up these centers with the help from a grant from the Idaho Commission for Libraries. The two laundromats are the Coeur d'Alene Laundry & Dry Cleaning at 179 Haycraft Ave and Hayden Laundry & Dry Cleaning at 240 W. Hayden Avenue next to Super 1 Foods.

### SENSORY PLAY CENTER NOW OPEN IN POST FALLS

Neighbors-n-Need, a local nonprofit, has opened a full-inclusion sensory play center and family boutique in Post Falls. Parties, play-dates, and a boutique are available for the community.

*When is it time to call?*  
**ANYTIME!**

Hospice of North Idaho is here to provide information and education about our unique care, including palliative care, hospice care and grief support.



**Call to speak with us today!**  
**(208) 772-7994**

**WWW.HOSPICEOFNORTHIDAHO.ORG**



*Save the Date!*

**June 11, 2021**  
**City Park & Beach**  
 Downtown Coeur d'Alene  
[familydaycda.com](http://familydaycda.com)

**JUNE 11, 2021 NOON TO DUSK**

**IN COEUR D'ALENE CITY PARK**

Annual Last Day of School Family Fun Celebration!

EVENTS AND ACTIVITIES SUBJECT TO CHANGE

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

2021 Fark is being planned! We're working on a potential socially distanced, safe community event, possibly on a smaller scale but still fabulous!

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







## 2021 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 2021 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://www.facebook.com/CDAFAMILYDAYINTHEPARK) **PHONE:** 208-699-0126

## Advertise in the North Idaho Family Magazine!

Is your business looking for a unique, niche distribution to thousands of North Idaho Families? It is the **ONLY** magazine that goes home in the backpacks of the kids at schools (vs. just a rack location), plus relocation services and other outlets.

Your advertising supports not only the magazine, but multiple other programs and projects of the North Idaho Family Group nonprofit ([nifg.org](http://nifg.org)) ... so you're really helping over 100 nonprofits in North Idaho!

Visit [nifamily.com/advertise](http://nifamily.com/advertise) for rates & distribution

## Did You Know?

### 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:** 22 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.
- **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! (Subject to Covid!)
- **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/)

# The Story of Stone Soup

Once upon a time there was a great famine in which people jealously hoarded whatever food they could find, hiding it even from their friends and neighbors. One day a wandering traveler who hadn't eaten in days arrived in a village asking for a small meal.

"There's not a bite to eat in the whole province," he was told. "Better keep moving on."

"I have asked you for food and you have no food. Well, we will have to make stone soup!" he said. He asked for large iron pot, filled it with water, and built a fire under it. Then, with great ceremony, he pulled an ordinary smooth stone from his pocket and dropped it into the water.

By now, hearing the rumor of food, most of the villagers had come to the square or watched from their windows. As the traveler



sniffed the "broth" and licked his lips in anticipation, hunger began to overcome their skepticism.

"Ahh," the traveler said to himself rather loudly, "I do like a tasty stone soup. Of course, stone soup with carrots -- that's hard to beat."

Soon a villager approached, holding carrots he'd retrieved from his cellar, and added it to the pot. "Capital!" cried the traveler. "You know, I once had stone soup with carrots and a bit of beef as well, and it was fit for a king."

The village butcher managed to find some beef... and so it went, through salt, pepper, potatoes, onions, cabbage, mushrooms, and so on, until there was indeed a delicious meal for all. The villagers offered the traveler a great deal of money for the magic stone, but he refused to sell and traveled on the next day.

## Chicken Enchilada Soup

- 1 lb diced chicken breast
- 2 tbsp vegetable oil
- 1 cup heavy cream
- ½ cup diced yellow onion
- ½ cup diced green pepper
- ½ cup diced red pepper
- 1 bunch cilantro chopped
- 2 tbsp minced garlic
- 8 oz canned diced green chiles
- 16 oz green enchilada sauce
- 2 cups shredded cheddar cheese
- 1½ qt chicken stock
- 8 oz cut tortilla
- 1½ tsp chili powder
- 1½ tsp cumin
- 1½ oz onion powder
- 1 tsp black pepper

In large sauce pan heat vegetable oil, add chicken meat and brown. When chicken is fully cooked add peppers and onion mix and cook until translucent. Add garlic, chicken stock, heavy cream, chiles, enchilada sauce, chili powder, cumin, onion powder and black pepper. Bring to a boil then reduce heat to a simmer, allow to simmer 20 minutes. Add cilantro, tortillas and cheese stirring constantly to prevent from sticking. Cook until tortillas are fully dissolved. (Slightly thicken with corn starch slurry if desired)

## Rustic Italian Tortellini Soup

Chef Phil Biggerstaff, Hospice of North Idaho

- 3 Italian turkey sausage links (4 oz each), casings removed
- 1 medium onion, chopped
- 6 garlic cloves, minced
- 2 cans (14½ oz each) reduced-sodium chicken broth
- 1¾ cups water
- 1 can (14½ oz) diced tomatoes, undrained
- 1 package (9 oz) refrigerated cheese tortellini
- 1 package (6 oz) fresh baby spinach, coarsely chopped
- 2¼ tsp minced fresh basil or ¾ tsp dried basil
- ¼ tsp pepper
- Dash crushed red pepper flakes
- Shredded Parmesan cheese, optional

Crumble sausage into a Dutch oven; add onion. Cook and stir over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Stir in the broth, water and tomatoes. Bring to a boil. Add tortellini; return to a boil. Cook for 7-9 minutes or until tender, stirring occasionally. Reduce heat; add the spinach, basil, pepper and pepper flakes. Cook 2-3 minutes longer or until spinach is wilted. Serve with cheese if desired. Yield: 6 servings (2 quarts).

## Pumpkin Chili

- 2 cups black beans, cooked
- ½ medium sized pumpkin, cubed
- 1 tbsp grape seed oil
- ¼ onion
- 1 shallot
- 1 clove garlic
- 1 pint canned salsa
- ¼ cup sundried tomatoes
- 1 tbsp pumpkin pie spice
- 2 tbsp cocoa powder
- 1 tsp chili powder
- 1 tbsp cumin
- 1 tsp salt
- water to cover, to desired consistency, roughly 2-4 cups

Soak, sprout and cook black beans ahead of time. Caramelize onion, shallot, and garlic in grape seed oil. Add remaining ingredients with enough water to cover all ingredients, to desired consistency. The longer you let it cook, the better!

For the past ten years St. Vincent de Paul North Idaho has been hosting the Soupport the End of Homelessness Soup event, where roughly 50 soup makers would prepare enough soup for 750 people to sample. Due to COVID this event could not happen, so doing a cookbook seemed like the logical next best. All the proceeds from this cookbook help support the St. Vinny's warming center. Order 11th Annual Soupport the End of Homelessness Cookbook for only \$15 plus tax! [stvinnycookbook.com](http://stvinnycookbook.com)



THANK YOU TO JOHN AND TRACEY TINDALL FROM WINDERMERE COEUR DALENE REALTY FOR SPONSORING THIS PAGE! They make Awesome Happen! [www.nifamily.com](http://www.nifamily.com)





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1300 E. Mullan Ave, Post Falls – 777-1330  
9095 N. Hess St, Hayden – 772-8940

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**Neighbors~N~Need Sensory Play Center & Family Boutique**

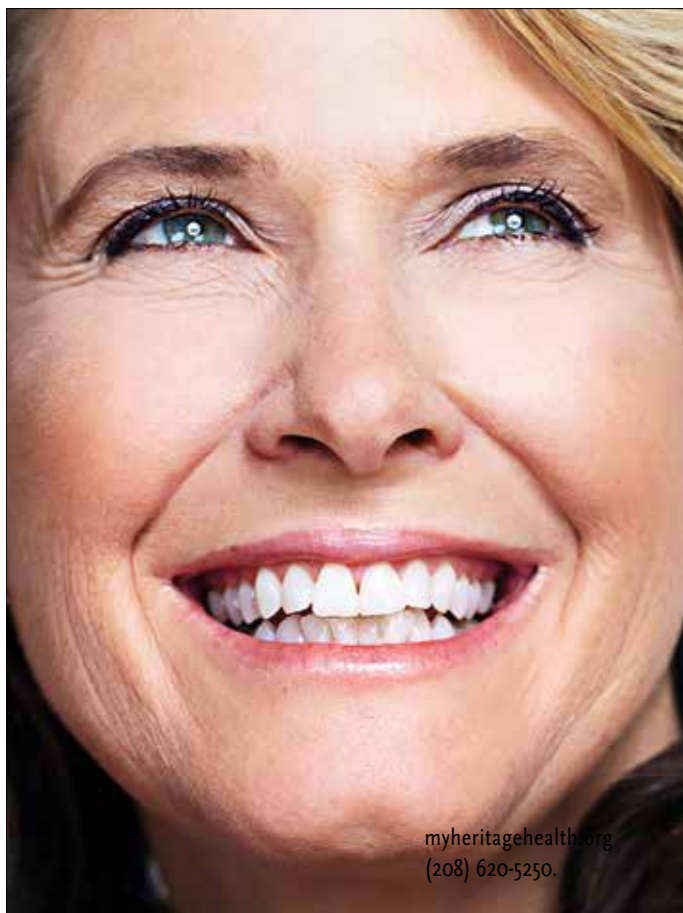
**Shop Here!**  
~Accepting donations to our Family Boutique!

Nominate A Family In Need Via Presley's Program

**Reserve Our Party Room!**

**Join Our Monthly Events!**  
Connect with other parents while your children play!

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[myheritagehealth.org](http://myheritagehealth.org)  
(208) 620-5250.

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

# Kick start the year!

## FOCUS ON YOUR HEALTH IN 2021 AND IT MAY SAVE YOUR LIFE

With all of the focus on the coronavirus the last nine months, naturally many people have neglected their overall health and wellbeing.

This worries health care professionals who know life-altering conditions such as cancer, heart disease, diabetes and depression didn't take an extended vacation during the pandemic.

"The fact that most of those condition have no symptoms in early stages is the exact reason we do screenings," said Dr. Peter Purrington, Chief Clinical Officer for Heritage Health. "By the time symptoms appear, the diseases, especially cancers are typically in later stages of progression and are more difficult to treat and have lower 5-year survival rates."

"It's super important that people get back to a more normal routine with their providers. You may be long overdue for an exam or screening that could save your life."

Schedule a wellness exam!

Annual wellness visits focus on preventive care for health and wellness issues and developing strategies to address them based on the patient's overall health and risk factors, such as family history, smoking, eating habits, depression and substance abuse.

INFO

[myheritagehealth.org](http://myheritagehealth.org)  
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accepting new patients  
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proudly serving patients in the following communities:  
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[myHeritageHealth.org](http://myHeritageHealth.org)

## 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)





# Covid-Friendly & Fun Birthday Party Ideas!

## Bella's 16th Birthday Selfie Scavenger Hunt



### Get a photo or selfie:

Submitted by Terry Russo from her daughter's birthday!

- |  |  |
|--|--|
| <input type="checkbox"/> Of a tattoo artist                                | <input type="checkbox"/> With a dog  |
| <input type="checkbox"/> Of a nutcracker                                   | <input type="checkbox"/> Of a person eating at Hudson's Hamburgers         |
| <input type="checkbox"/> Dancing on the beach to your favorite song        | <input type="checkbox"/> Of a live Koi                                     |
| <input type="checkbox"/> By a waterfall                                    | <input type="checkbox"/> With a giant metal rabbit                         |
| <input type="checkbox"/> By a mannequin                                    | <input type="checkbox"/> With your reflection                              |
| <input type="checkbox"/> Of a Texas license plate                          | <input type="checkbox"/> By an exit sign                                   |
| <input type="checkbox"/> Of a person wearing a cowboy hat                  | <input type="checkbox"/> With someone wearing a shirt with a cartoon on it |
| <input type="checkbox"/> From the top of the boardwalk bridge              | <input type="checkbox"/> With a coyote (think fake coyote)                 |
| <input type="checkbox"/> Of a cruise ship                                  | <input type="checkbox"/> Of a ferris wheel                                 |
| <input type="checkbox"/> Sampling ice cream                                | <input type="checkbox"/> With a security guard or police officer           |
| <input type="checkbox"/> With Mudgy and Millie - *bonus if you get all 5   | <input type="checkbox"/> Striking a yoga pose                              |
| <input type="checkbox"/> Playing on the McEuen Park Playground Structure   | <input type="checkbox"/> With a bike                                       |
| <input type="checkbox"/> Playing on the Fort Grounds wooden play structure | <input type="checkbox"/> Sitting on a bench                                |
| <input type="checkbox"/> With a cute valet at the CDA Resort               | <input type="checkbox"/> With wings (Hint: carousel building)              |
| <input type="checkbox"/> Putting your toes in the water                    | <input type="checkbox"/> With a Christmas ornament                         |
|  | <input type="checkbox"/> With a Tesla                                      |

☆BONUS: SELFIE PHOTOBOMBING ANOTHER GROUP☆



Jump Around! Jump for Joy at  
250 W Dalton Ave 83815



Paint Art with Friends!  
3115 N Government Way # 4



Pet Animals!  
7397 N Government Way



# 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.  
  
Photo by Wendy Harris
- 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 have a JUMP DAY at Jump for Joy in Dalton.
- 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.** Take a swimming lesson at SafeSplash (Opening Soon!)
- 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.  






North Idaho's Real Estate market is fast moving and time sensitive! Listing inventory is dramatically down with the Median home sales price UP 15% in just one year!

Whether you are buying or selling, it is imperative you have a professional in your corner!

I am happy to provide you with real-time information and answers to all your questions. A North Idaho native with over 17 years experience, Real Estate is my expertise! And I understand the importance of one's community, family, and HOME!

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**COMING SOON TO COEUR D'ALENE!**

SafeSplash + SwimLabs Swim School – Coeur d'Alene  
3810 N Schreiber Way | safesplash.com | swimlabs.com

**PLEASE NOTE THAT EVENTS MAY BE CANCELED OR CHANGE DUE TO COVID.**

**VISIT NIFAMILY.COM FOR THE MOST UP-TO-DATE CALENDAR.**

- Jan 30** Masquerade Charity Event for One More Time
- Feb 1-13** The Sweetheart Ball for Habitat for Humanity (Online Auction)
- Feb 5** Benefit Concert for Healing Hearts (Online)
- Feb 6** Downtown Coeur d'Alene Chocolate Affair
- Feb 10** Sip, Sample & Savor presented by the Hayden Chamber @ Liveforblu
- Feb 12** 2nd Friday Artwalk in Downtown Coeur d'Alene
- Feb 13** Go. Do. Experience. Raffle for Arts & Culture Alliance
- Feb 13** Fashion Show & Entertainment for Kootenai Humane Society @ Silver Lake Mall
- Feb 13** Zumba with Marilee to benefit Kootenai Humane Society at Silver Lake Mall.
- Feb 13** Beauty and the Beast at Silver Lake Mall
- Feb 17-19** Safety Fest of the Great Northwest @ NIC WTC and online
- Feb 18** Post Falls Chamber Recognition Event
- Mar 6** Community Farmers Market @ Silver Lake Mall
- Mar 6** TESH Home on the Range @ Best Western Cd'A Inn
- Mar 8-12** Five Nights, Five Experiences for CDAide
- Mar 12** 2nd Friday Artwalk in Downtown Coeur d'Alene
- Mar 12** Viking Booster Auction
- Mar 13** CCA Royal Raffle Benefit Ball @ Hagadone Event Center
- Mar 14** St. Patrick's Day Parade @Downtown Coeur d'Alene
- Mar 14** Ladies' Tea & Silent Auction @ Candlelight Christian Fellowship
- Mar 22** Spring into Action Online Auction for Orchard Ridge
- Apr 9** 2nd Friday Artwalk in Downtown Coeur d'Alene
- Apr 16-17** Mac & Cheese Festival @Downtown Coeur d'Alene
- Apr 24** Hospice Wine Taste 2021
- Apr 29** Idaho Gives - April 29-May 6
- May 14** 2nd Friday Artwalk in Downtown Coeur d'Alene
- May 30** Coeur d'Alene Marathon
- June 11** 10th Annual Cowboy Ball @ Kootenai County Fairgrounds
- June 11** Family Day in the Park & Coeur d'Alene Markers Market @ Coeur d'Alene City Park



# Fun with Puzzles!

## ST. PATRICK'S DAY WORD SEARCH



## 2021 Summer Camps

We don't know what the summer will look like with Covid lurking, but The North Idaho Family Magazine has listed summer camps for over 20 years and will continue to keep you updated.

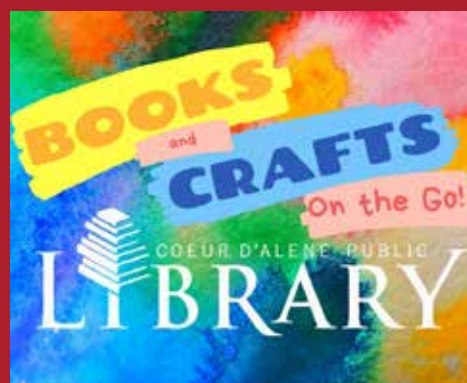
If you are involved with an organization, church, or school that has a summer camp and know your plans, let us know!

Visit [nifamily.com/north-idaho-summer-camps](http://nifamily.com/north-idaho-summer-camps) for list of camps and updates.

## Books & Crafts & Kits, Oh My! at the Coeur d'Alene Library

### All Ages

Customized kits featuring around 5 books, a craft, and activities for kids & families. [cdalibrary.org](http://cdalibrary.org)



### Teens

Subscribe to a Teen Zone Take-Out Book Box service at <https://tinyurl.com/cdateenbookbox>

#### WHAT'S IN THE BOX?

2 LIBRARY BOOKS  
BASED ON YOUR CHOICES

A CRAFT

A SMALL GIFT



**RETURN THE LIBRARY BOOKS.**

THE REST IS YOURS TO KEEP!

## EASTER EGG HUNT... FIND 10 DIFFERENCES



Solutions on page 19



# ALICE Child Care Scholarship

## UNITED WAY OF NORTH IDAHO COVID CRISIS CHILD CARE SCHOLARSHIP

One of United Way's impact goals is to ensure that all children have nurturing early experiences and enter school ready to learn. To do this, we build public-private partnerships to provide more affordable, high-quality child care for working families in our region. This matters to children and working families today, and for the future of our communities.

This scholarship fund was created through the City of Coeur d'Alene Community Development Block Grant, the Innovia Foundation, Idaho Community Foundation, Pita Pit, and United Way's Ride for ALICE fundraiser.

The UWN Child Care Scholarship is a pool of funds created through grants and fundraising to support families who are attending school or employed and need assistance paying for care for pre-K and school-age children. You may qualify even if you also receive Idaho Child Care Assistance (ICCP). Scholarships are awarded as a monthly supplement paid directly to a licensed care provider. Families may receive up to \$1500 total over a period of 2-5 months, based on need and funds available.

Scholarships are available to families with children who meet the following criteria:

- Living in any of Idaho's five northern counties: Benewah, Bonner, Boundary, Kootenai, and Shoshone counties
- Pre-tax income at or below 80% Area Median Income:
- Employed and/or enrolled in school or a job training program (includes local community colleges, technical programs, high school completion, etc.)
- Paying for at least one child in a licensed early care and education program or out-of-school care program.

Apply: <https://www.unitedwayofnorthidaho.org/childcare-assistance>



**LIVE UNITED**



[unitedwayofnorthidaho.org](https://www.unitedwayofnorthidaho.org)




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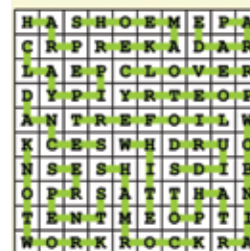
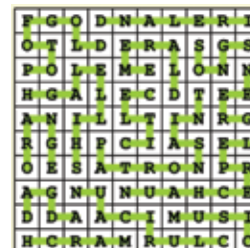
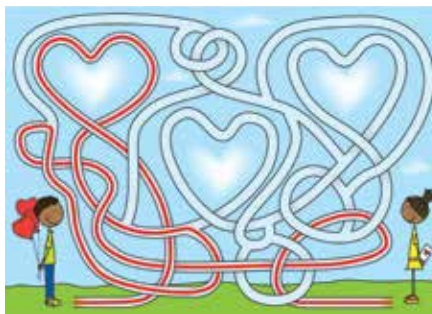
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www.jumpforjoycda.com

## Puzzle Solutions



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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Preschool options  
Education savings plans  
Drivers training  
Home school standards  
Career planning  
Glossary of terms  
School district links

## EdInfoCenterCDA.com: 6 years and growing!

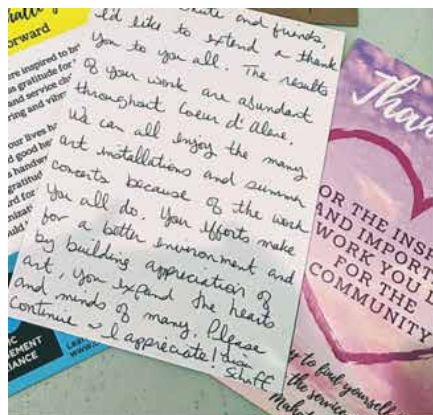
The Education Information Center has been up & running for over 6 years, and continues to provide the most comprehensive local Pre-K through Career education links and resources in the region.

- 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



# Kindness Card Project

Local nonprofit organizations Civic Engagement Alliance and Love Lives Here CDA are co-organizing a volunteer activity to foster positive community connections: Kindness Cards. Kindness Cards are a way to show appreciation and caring for our valued community members who have been most impacted by the COVID-19 pandemic, including healthcare workers, frontline employees, emergency responders, hospice staff, and our elderly. During this time of uncertainty and stress, we are bringing people together by spreading kindness and connection through personalized, handwritten cards.



## Community Kindness Cards

A volunteer project organized by



INFO

<https://www.civicengagedca.com/kindness-cards>



PEACE & JOY

## Luminaries & Long-time Friends

When I was home for the holidays, I visited the old neighborhood.

In around 1976, a Christmas Eve tradition started that is still going strong. Friends and neighbors would gather at our house to fold brown paper bags. We'd play Christmas music and laugh, and end up with a huge pile of bags in the middle of the room. Then we filled them with sand in the back of dad's pick-up truck, then slowly rolled down the street to put them on the curb. Next came the votive. It was quite a process, but many hands made light work. Candles were lit, and then re-lit by dad throughout the night if any went out.

It started on one block, then extended to 3 or 4.

Most of us have moved from the neighborhood, but the tradition has continued, and brings back warm memories. The friends involved back then are still friends. Like 40-50 year friends! ... My parents do Dinner Club every week with some of them (well, "Zoom Dinner Club" these days.) Their kids/my age people are friends on Facebook. At a joint 80/50 birthday party with my dad a few years ago, close to 100 people attended. There is truly no bigger joy than this kind of tribe, and it's one I don't take for granted. Cultivate and keep those friendships alive. We all need that connection in our lives.



by Shelly Zollman

# 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)  
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)  
Civic Engagement Alliance | 414 Mullan Ave | Cd'A | 274-3426 |  
[civicengagementca.com/](http://civicengagementca.com/)

## 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 | [ktctraining.org](http://ktctraining.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  
666-6755 | [nicheadstart.org](http://nicheadstart.org)  
Opening Books, Opening Doors | [openingbooksopeningdoors.com](http://openingbooksopeningdoors.com)  
Quest Academy North Idaho | 6200 W Hayden Ave | Rathdrum |  
[questacademyidaho.com](http://questacademyidaho.com) | 889-8040  
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](https://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)  
Peach Orthodontics | [peachortho.com](http://peachortho.com) | 618-5111 | 1145 E Polston Ave, Post  
Falls, ID |  
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 | [cynorthidaho.org](http://cynorthidaho.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 | [cdacanoeclub.org](http://cdacanoeclub.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  
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 | [teamvssports.com](http://teamvssports.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)  
North Idaho Home Health | [lhgroup.com/locations/north-idaho-home-health](http://lhgroup.com/locations/north-idaho-home-health)  
Onsite4Seniors | [onsite4seniors.org](http://onsite4seniors.org) | 967-4771

### Social Services

CAP Community Action Partnership Food Bank | 4144 Industrial Ave., Ste E Cd'A | 664-8757 | [cap4action.org](http://cap4action.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

Operation Second Chance | [operationsecondchance.org](http://operationsecondchance.org)  
Ds Connections NW | [dsconnectionswn.org](http://dsconnectionswn.org) | 3839 W Prairie Ave, Hayden, ID | (877) 733-3955

## NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS ♦ BASIC NEEDS ♦ COMMUNITY RESOURCES



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

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

**Bookmark it now!**

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

**Thank you to our Community Supporters**

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