

FREE

Winter
2023

NORTH IDAHO FAMILY

M A G A Z I N E

*Now in its
24th year!*

what's inside:

2023 Graduation Countdown

Family Day in the Park 2023 Preview

Annual Checklist!



www.nifamily.com

MONDAY

TUESDAY

WEDNESDAY

MOST NORTH IDAHO
PARENTS HAVE
TALKED TO THEIR
TEEN ABOUT
E-(IGARETTES).*

TALKING WITH YOUR
KIDS ABOUT
E-(IGARETTES HELPS
THEM STAY HEALTHY
AND TOBACCO-FREE.

WHETHER YOU'RE:

- IN THE CAR,
- IN THE KITCHEN,
- OR IN THE MOMENT,

→ TALK TO YOUR TEEN ABOUT THE HEALTH RISKS
OF E-(IGARETTES.

Need help starting the conversation? Download
the Parent Toolkit using the QR code, or visit
panhandlehealthdistrict.org/quitting-tobacco/



*Source: Idaho Healthy Youth Survey, 2019.



Public Health
Prevent. Promote. Protect.
Panhandle Health District

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

208.699.0126

nifamily.com/advertise

www.nifamily.com

Email: sales@nifamily.com

ACKNOWLEDGEMENTS:

©2023 by North Idaho Family Group, Inc. All rights reserved. No portion of this magazine may be reproduced in whole or in part without the express written consent of the owner, North Idaho Family Group, Inc. Distribution of this publication does not constitute an endorsement of products or services therein. All information is as accurate as given from contributing sources. North Idaho Family Group, Inc. reserves the right to refuse advertising or submissions for editorial purposes for any reason. Copies are free.

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

Welcome!

For over 24 years the North Idaho Family Magazine and its companion website, 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
- North Idaho Services Directory
- Education Information Center
- Group Scoop Newsletter
- North Idaho Family Facebook Group

SAVE THE DATE:

June 9: 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
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

How to Join

- Online: Visit www.nifg.org and click "Join Now"
- Email: Members@nifamily.com
- Call: 208-699-0126

CONTENTS



pg.
6

North Idaho Family Magazine KIDS!



pg.
8

Family Day in the Park Preview



pg.
16

25 Fun Things to Do this Winter

Indoor and outdoor activities for winter time.



COMMUNITY

6



TECH CORNER

9



EDUCATION

10



HEALTH

13



FAMILY

16



CALENDAR

17



PEACE & JOY

19



Annual “Must Do” List

It's not too late to complete this annual “to do” list to keep your year on the right track and 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.

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 > elections > absentee ballot.

*This form is good for one calendar year only.

APPLICATION FOR ABSENT ELECTION'S BALLOT

Date: February 15, 2023

OFFICIAL USE ONLY
Pres # _____
Leg Dist # _____
Code: W M C T

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

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

☐ Special Emergency Election to be held on _____

My home address is: _____ Your Address _____ is _____ Coeur d'Alene _____
(Please Number your Street)

and I am duly registered in Kootenai County, Idaho. Please mail ballot(s) to me at the following address: _____
(Electors)

Daytime phone: _____ Your Phone _____
(We want you to contact you with questions)

Email Address: _____ Your Email _____
KOOTENAI COUNTY ELECTIONS
P.O. BOX 9000
COEUR D'ALENE, ID 83816-0000
PHONE: (208) 446-1050
FAX: (208) 446-2184 EMAIL: kcelections@kcgov.us

Your City, State, Zip _____
(City, State and Zip Code)

ELECTOR MUST PERSONALLY SIGN APPLICATION

Your Signature _____
(Signature)

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.



Animal Collectives

Have you ever wondered what to call a group of animals? Sure you may know a group of lions is a pride, or a group of bees is called a swarm, but what do call a group of penguins or porcupines? Let's find out! Make a game of it! Find which animals have the same group name!

Antelope: a herd	Ducks: a brace, paddling or team	Leopards: a leap	Rhinoceroses: a crash
Ants: a colony or an army	Eagles: a convocation	Lice: a flock	Sharks: a shiver
Apes: a shrewdness	Elephants: a herd or parade	Lions: a pride	Sheep: a drove or flock
Baboons: a troop	Elk: a gang or herd	Locust: a plague or cloud	Skunks: a stench
Badgers: a cete	Emus: a mob	Magpies: a tiding or tittering	Snakes: a nest or knot
Bass: a shoal	Falcons: a cast	Mallards: a sord	Sparrows: a host
Bats: a colony, cloud or cauldron	Ferrets: a business or fesnyng	Manatees: an aggregation	Squirrels: a dray or scurry
Bears: a sloth or sleuth; Cubs: a litter	Finches: a charm	Mares: a stud	Starlings: a murmuration
Beavers: a colony	Fish: a school, shoal, run, haul or catch	Martens: a richness	Stingrays: a fever
Bees: a swarm	Flamingos: a stand or flamboyance	Minnows: a steam	Storks: a mustering
Boar: a sounder	Flies: a swarm, hatch or business	Moles: a labor	Swans: a bevy or lamentation, a wedge when in flight
Buffalo: a gang or obstinacy	Foxes: a skulk or leash	Monkeys: a barrel, cartload or troop	Tigers: an ambush or a streak
Camels: a caravan	Frogs: an army or a colony	Mules: a pack, barren or span	Toads: a knot or knab
Caterpillars: an army	Geese: a gaggle or flock, a skein when in flight	Nightingales: a watch	Trout: a hover
Cats: a clowder, glaring, pounce, nuisance or clutter; Kittens: a litter or kindle; Wild cats: a destruction	Giraffes: a tower	Otters: a family, romp or raft	Turkeys: a gang, posse or rafter
Cattle: a herd or drove	Gnats: a cloud or horde	Owls: a parliament	Turtles: a bale or nest
Cheetahs: a coalition	Goats: a herd, tribe or trip	Oxen: a team or yoke	Vultures: a venue
Chickens: a brood or peep; Chicks: a clutch or chattering	Goldfinches: a charm	Oysters: a bed	Wasps: a pledge
Clams: a bed	Goldfish: a troubling	Parrots: a pandemonium or company	Weasels: a colony, gang or pack
Cobras: a quiver	Gorillas: a band	Partridges: a covey	Whales: a pod, school or gam
Colts: a rag	Grasshoppers: a cloud	Peacocks: a muster or ostentation	Wolves: a pack or route
Cows: a kine, drove, herd or fold; twelve or more cows are a flank	Greyhounds: a leach	Penguins: a colony	Wombats: a wisdom
Coyotes: a band	Hares: a down or husk	Pheasants: a nest, nide or bouquet	Woodpeckers: a descent
Cranes: a sedge	Hawks: a cast or kettle	Pigeons: a flock or flights	Zebras: a zeal
Crocodiles: a float or bask	Hippopotami: a bloat or thunder	Pigs: a drift or drove (younger pigs), or a sounder, litter or team (older pigs)	
Crows: a murder	Hogs: a drift or parcel	Ponies: a string	
Deer: a herd	Horses: a team or harras	Porcupines: a prickle	
Dogs: a pack or cowardice; Puppies: a litter	Hounds: a pack, mute or cry	Rabbits: a colony or warren	
Dolphins: a pod	Hyenas: a cackle	Raccoons: a gaze	
Donkeys: a drove	Jaguars: a shadow	Rats: a colony, pack, swarm or mischief	
Doves: a dule	Jellyfish: a smack or brood	Rattlesnakes: a rhumba	
	Kangaroos: a troop or mob	Ravens: an unkindness	
	Larks: an ascension or exaltation		
	Lemurs: a conspiracy		





COMMUNITY

NORTH IDAHO FAMILY KIDS! MAGAZINE



The Ansel Kids

Winter Fun with the Steinger Family



Donna Wemple's Grandbaby, Mathis

We are excited to continue our North Idaho Family Magazine KIDS! feature - Local kids, doing local activities, having fun, learning, making stuff, etc. We'll feature 3-4 kids in each issue, chosen from social media, messages to [facebook.com/NorthIdahoFamilyMagazine](https://www.facebook.com/NorthIdahoFamilyMagazine), etc.



Our Community AT A GLANCE



ATTENTION HIGH SCHOOL SENIORS (AND PARENTS OF SENIORS)!

Scholarship Deadlines are approaching fast! Local Scholarships. Highlights include \$1,000 Scholarships from the Coeur d'Alene Chamber of Commerce and the Dr. Riggs Leadership Scholarship created by the Salvation Army Kroc Center. Visit edinfocentercda.com/Pay-for-School/North-Idaho-Scholarships for more local scholarship listings.

HOMESHARE KOOTENAI COUNTY IS ABOUT TO LAUNCH ONLINE APPLICATIONS!

The FIRST HomeShare program in Idaho will be launching their online applications in February! See the details below or visit homesharekc.org.

NEW & RENEWING MEMBERS

- Idaho Public Television
- Heritage Health
- Panhandle Health District

COEUR D'ALENE CHARTER ACADEMY IN THE NEWS (LITERALLY!)

Congratulations to Charter alum Dane Wurmlinger ('14), who recently began a new job as a morning news anchor at WTVC-TV NewsChannel 9 News in Chattanooga, Tennessee!



Have a Spare Room? Need Affordable Housing?

HomeShare Kootenai County is on track to have online applications live in February!

About Homesharing:

- There are approximately 60 homeshare programs up and running around the country
- HomeShare Kootenai County, Inc. is modeled using best practices from the National HomeShare Resource Center, and is a proud member of that organization.
- Best practices for homeshare programs include providing key services to ensure the success of the match, such as:
 - thorough screening mechanisms
 - criminal background checks
 - follow-up support
 - conflict mediation

Match Fees will be collected from participants in the program, but will only cover a portion of the actual cost of services, so donations are welcome. Volunteers are also needed to act as "Match Ambassadors" to match potential Home Providers & Home Seekers.

HomeShare Kootenai County, Inc. is a fast, creative, solution that can immediately increase housing affordability and availability in our community.



INFO

www.homesharekc.org



Save the Date!

June 9, 2023
City Park & Beach
Downtown Coeur d'Alene
familydaycda.com

JUNE 9, 2023 NOON TO 6pm-ish

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 the North Idaho Family Marketplace
- Bandshell Entertainment
- Nonprofit outreach
- Activity booths
- Multiple give-a-ways
- Food Court and beer Garden
- Bounce Houses
- Cultural Center Presentations
- Fire engines, police cars and interactive heavy equipment
- FREE Books, face painting and more
- Encore stage performances all day
- Swag Bags

OFFICIAL WEBSITE: FAMILYDAYCDA.COM FACEBOOK: FACEBOOK.COM/CDAFAMILYDAYINTHEPARK PHONE: 208-699-0126





2023 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 2023 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 FACEBOOK: FACEBOOK.COM/CDAFAMILYDAYINTHEPARK PHONE: 208-699-0126

TECH CORNER



12 Ways to Create Effective Facebook Events

As a publisher/sharer of events and information from MANY local nonprofits, it's frustrating to try to share events with missing information! Sprout Social offers these tips:

1. Give your event a unique name
2. Write a clear & thorough description
3. Use Facebook's recognized venue locations
4. Use an eye-catching event photo
5. Use keywords for tags
6. Manage permissions for posting on your event
7. Set an end time
8. Promote your Facebook event with ads
9. Partner up with co-hosts
10. Promote your event outside of Facebook
11. Schedule events in advance
12. Create a sense of urgency

Another thing to consider are your FLYERS! How many times have you seen a shared event or image of a flyer with missing information?

You never know who might share your event, or where it might be shared from. ALWAYS include:

- DATE
- TIME
- NAME OF EVENT
- WHO IS IT FOR? (Especially if it's a fundraiser!)
- LOCATION
- CONTACT INFORMATION






Important deadlines for 2023 High School Seniors

NOW is the time to apply for financial aid & scholarships for the 2023/2024 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.

- 2023/2024 FAFSA (Free Application for Federal Student Aid) is available NOW (FAFSA.ed.gov – Make sure to use THIS site to apply).
- Early 2023: Deadline for CSS / Financial Aid PROFILE Application (found at CollegeBoard.org)
- March 1, 2023: Idaho Deadline for applying for an Opportunity Grant. (A Federal Supplemental Educational Opportunity Grant (FSEOG) is a grant for undergraduate students with exceptional financial need.)
- February, March, & April are the main scholarship deadline months. Visit edinfocenter.cda.com/Pay-for-School/North-Idaho-Scholarships for local & regional scholarship opportunities.
- Contact your student's potential colleges to find out about school-specific scholarship opportunities and financial aid deadlines.

Recent Changes (2022) to Know About!

- Simplified form now has 36, rather than 108 questions to answer
- Applications can select their role: parent, preparer, or student
- Drug convictions will no longer affect student eligibility to receive federal aid
- Male applications can receive financial aid even if they don't register for selective service




5 SCHOOLS. 1 LOCATION.






Looking to prepare for a career or develop professionally?

Visit us at 1 location in Coeur d'Alene

Explore your options at NorthIdahoHigherEducation.org/take-action



MAKE AN APPOINTMENT TODAY

 North Idaho College www.nic.edu 208.769.3300	 LEWIS & CLARK STATE COLLEGE www.lsc.edu/cda 208.667.5275	 University of Idaho Coeur d'Alene www.uidaho.edu/cda 208.667.2588	 BOISE STATE UNIVERSITY www.boisestate.edu 208.661.0694	 Idaho State University www.isu.edu 208.251.8809
---	--	--	--	--



Coeur d'Alene Pediatrics

Pediatrics • Adolescent Medicine

New Patients Welcome

We Specialize in Pediatric and Adolescent Care.



Check out our Online Patient Services at
www.cdapeds.com

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





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

START HERE! Education INFORMATION Center™

Tutors

Local Scholarships

Specialty instruction

Dual enrollment

Second career

Recertification

College counseling

News blogs

Professional Tech

Preschool options

Education savings plans

Drivers training

Home school standards

Career planning

Glossary of terms

School district links

Your Search for Regional Educational Information & Resources is Over!

EdInfoCenterCdA.com

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

Sponsored by:

EdInfoCenterCDA.com: 8 years and growing!

The Education Information Center has been up & running for over 8 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
- On FIRST page of Google results for dozens of regional education-related searches
- Updated Frequently
- New sponsor involvement available



Kids Learn & Listen Differently!

WHOLE BODY LISTENING IS **NOT** BEST FOR ALL KIDS

"Eyes on Speaker"



Eye contact is not needed for listening. For some kids, looking at the speaker can actually distract them from listening.

"Legs/feet are crossed and still"



Some kids learn best when they are moving their legs, walking/pacing, jumping, and moving their body.

"Body is Still"

Stillness is not a requirement for listening and learning. Many students have sensory needs that cannot be met while being "still". This not only sets up unrealistic expectations, but also teaches kids to ignore what their body needs and causes them to become dysregulated.

"Quiet Hands"



Flapping hands, rubbing items, and fidgets can help some kids focus on information and remain regulated at the same time.

Mrs. SPEECHIEP

RECOGNIZE ALL BRAINS AND BODIES LEARN AND LISTEN IN DIFFERENT WAYS:

We know all kids learn differently, but sometimes our rules do not reflect that knowledge.

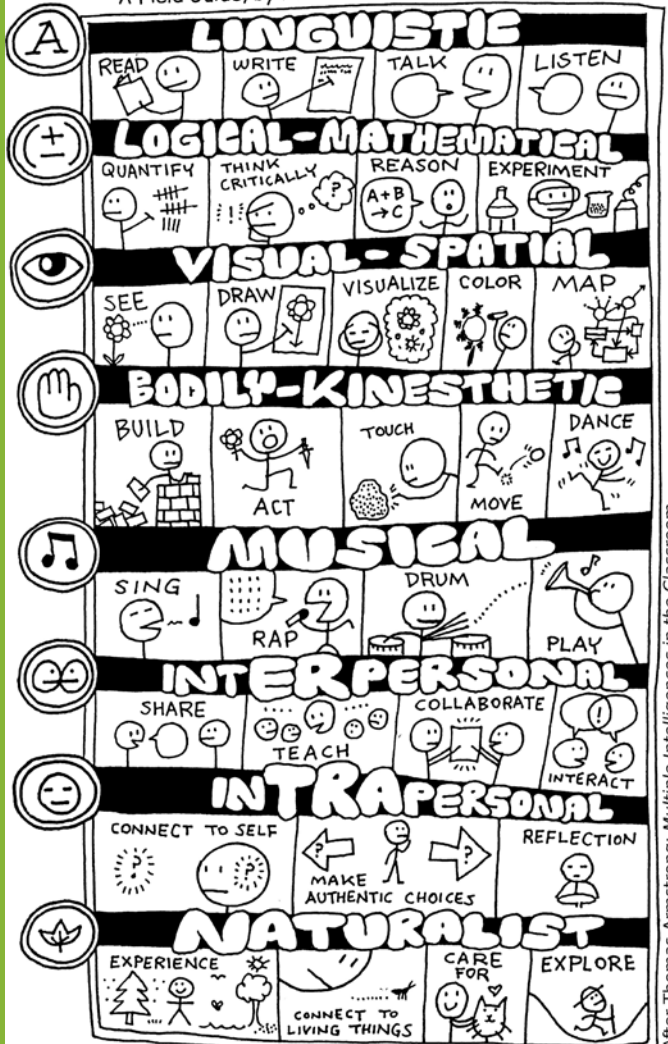
A common classroom rule is "Whole Body Listening" where children are instructed to sit, look, and be still and quiet while listening and learning. Some kids learn best this way, but this is not true for all kids. Rules should not instruct children to listen in only one way because it is unique to each child!



Mrs. SPEECHIEP

MULTIPLE INTELLIGENCES

A Field Guide, by Marek Bennett



© COMICS WORKSHOP www.MarekBennett.com
This work is PATRON-POWERED! Join @: www.Patreon.com/MarekBennett

After Thomas Armstrong: Multiple Intelligences in the Classroom

Not every kiddo can sit still and pay attention in the same way ... Recognizing the differences in children can make a huge difference in how they can pay attention, listen, and learn.



Home Loans With The
#1 COMMUNITY BANK
 IN THE NATION 2019, 2020 & 2021*

CONVENTIONAL • REFINANCE • FHA • VA
 USDA/RURAL • JUMBO • CONSTRUCTION
 DOWN PAYMENT ASSISTANCE



Willamette Valley Bank

Where Local means Something.

*American Banker Magazine Reports. All rights reserved. Subject to qualifying credit approval.
 Member FDIC. Equal Housing Lender. NMLS# 713109

Financing Provided By



MARVIN SEARS
208.699.1585

Loan Officer | NMLS# 1904574

*Your Choice,
 Your Hospice*

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





You're Not Alone
We Can Help
208.667.5433



Follow & Like Us
on our Friends
Facebook Page

- Pregnancy Testing
- Limited OB Ultrasound
- STI Testing & Treatment
- Options Counseling
- Student Engagement
- Children's Boutique
- Education
- Support Groups

www.RealChoicesClinic.com
info@realchoicesclinic.com

8056 N. Wayne Drive, Hayden, Idaho 83835

Serving Our Community Since 2001
 We offer Low and No Cost Services to Clients

A lifeline ... Heritage Health triage nurse makes the right call

Skip is not a fan of hospitals.

After having a triple bypass a few years back, he would rather never go back. However, Skip had a nagging cough and wasn't feeling right. His medical provider wanted him to go seek immediate care.



Heritage Health

Skip wasn't budging from his Coeur d'Alene home.

Then Charlotte, a triage nurse for Heritage Health, spoke to him on the phone to see how he was doing. The conversation was a struggle. Skip was having trouble breathing and his condition was getting worse.

"I was dingy and incoherent," says Skip. "I didn't know what was going on."

Skip's story is common. Research indicates that 1 in 4 Americans refuse to go to the hospital when healthcare providers recommend that they go. People decline to go for a variety of reasons, but often it's fear of the unknown.

Skip's wife, Rose, was Christmas shopping with her daughter in Post Falls at the time of Skip's health crisis. She was alerted by Charlotte that her husband was refusing to go to the hospital.

"Charlotte insisted that Skip go to the hospital," says Rose. "I said I can be home in about an hour and Charlotte said, 'It will be too late. He needs to go now.'"

Charlotte contacted 911 and Skip was rushed to the hospital.

Skip, who is elderly, was diagnosed with respiratory syncytial virus (RSV), the flu and COVID-19. He spent three days in the hospital being treated for his breathing problems.

"I am not hospital orientated, but she kept saying 'Skip you should go.'," says Skip. "I have a lot of respect for Charlotte. She was outstanding. She took the bull by the horns and made the right calls. Thank God she did it."

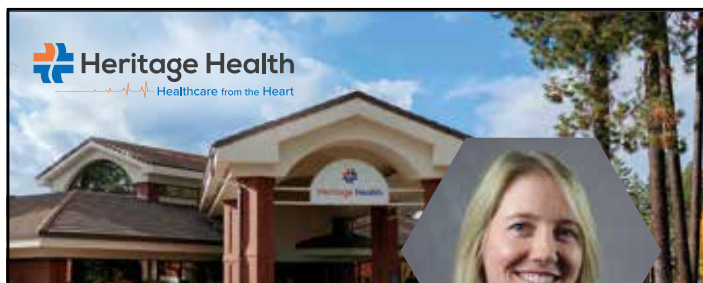
Charlotte is one of six triage nurses for Heritage Health. Together they handle about 1,600 calls a month and help people determine their next steps for medical care.

"As a team, we probably saved his life," says Charlotte. "Our entire organization works together. In this case, a medical assistant called me with their concerns and I took it from there. But it wasn't just me, the dispatcher at 911, the EMTs and the hospital staff worked together as a team."

Taking calls from people who are having a health crisis can be stressful at times, but triage nurses are trained to remain calm and to follow safety protocols.

"It's a gift, not just for the people we help, but for us as well," says Charlotte. "We love to do this."

A month after his hospital stay, Skip says he feels "chipper" and like he can really do something physical in 2023.



MEET OUR PROVIDER

Jordan Taylor, cPNP-PC
Pediatric Nurse Practitioner

"Partnering with families to help children live their best lives is my passion, purpose and goal every day." -- Jordan

SCHEDULE AN APPOINTMENT!

(208) 620-5250

myHeritageHealth.org | Follow Us! | [in](#) [f](#) [v](#) [t](#)



myheritagehealth.org
 208-620-5250



YOU TALKED. WE LISTENED.

Parents, teachers, and concerned community members said you want to feel connected again...to your kids, your neighbors, and your community.



Let's come together and make it happen! Learn how you can be a part of building a stronger community for youth.

Join the conversation at

www.communitiesforyouth.org



Want to know more about us? Communities for Youth is dedicated to partnering with Idaho schools, parents, and community members to help our young people struggling with mental health issues thrive into adulthood.



SCAN ME



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 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 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) - 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
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 or www.code.org. Ages 6-106.



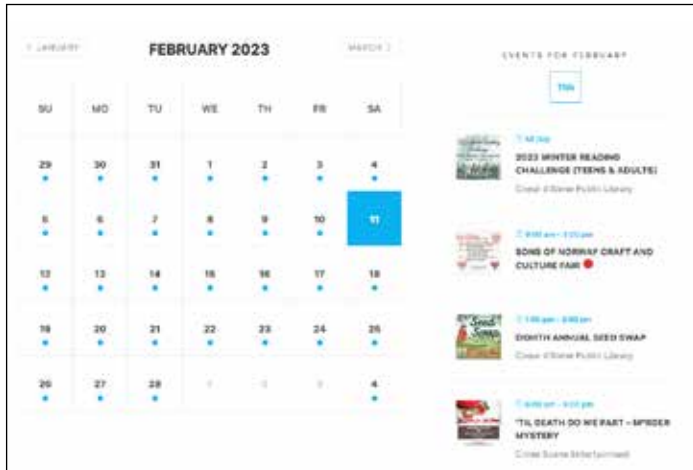
22. Go watch a basketball game at North Idaho College. Visit nicathletics.com for team schedules.
23. Have a "Tech-Free" Weekend ... Read books, watch a classic movie, play games!
24. Get ready for race season! Start with the Hauser Lake 10K Ice Breaker Run!
25. Make Hot Cocoa from scratch.





N.I.C.E. Calendar is New & Improved!

The North Idaho Charitable Events (N.I.C.E.) Calendar has been updated with a new look and new features! Plan your fundraisers, find family-friendly events, and see what's happening in North Idaho!



INFO

nifamily.com

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

- Feb 2** Emerge Winner Winner Bash
- Feb 4** Hospice of North Idaho 38th Annual Wine Taste
- Feb 4** Polar Plunge - Special Olympics Idaho @ Hagadone Event Center
- Feb 4** 5th Annual "Day of Unity" Event, T.O.C. Diversity Resource
- Feb 10** The Sweetheart Ball for Habitat for Humanity
- Feb 10** 2nd Friday Artwalk in Downtown Coeur d'Alene
- Feb 11** Sons of Norway Craft & Culture Fair
- Feb 11** Downtown Coeur d'Alene Chocolate Affair
- Feb 11** Seed Swap at the CDA Library
- Mar 4** Wine, Stein & Dine: Country Style
- Mar 10** 2nd Friday Artwalk in Downtown Coeur d'Alene
- Mar 11** Viking Booster Auction
- Mar 17** Rotary Coeur d'Irish Party @ The CDA Resort
- Mar 18** St. Patrick's Day Parade @Downtown Coeur d'Alene
- Mar 18** CCA Royal Raffle Benefit Ball @ Hagadone Event Center
- Mar 22** Port Falls Chamber Reverse Job Fair
- Mar 31+** Blues Festival @ The CDA Resort
- Apr 14** 12th Annual Cowboy Ball @ Kootenai County Fairgrounds
- Apr 14** 2nd Friday Artwalk in Downtown Coeur d'Alene
- Apr 23** CDA Charter Partners in Education Gala @ Hagadone Event Center
- Apr 27** 2023 CDAIDE Care Affair
- May 1-4** Idaho Gives
- May 12** 2nd Friday Artwalk in Downtown Coeur d'Alene
- May 28** Coeur d'Alene Marathon
- June 9** Family Day in the Park & NI Family Marketplace @ CDA City Park



DELIGHTFUL DAYS DROP-IN DAYCARE

Fun for kids, peace of mind for parents.

6 weeks - 12 yrs

Online Reservations

Hourly or Monthly

NO Waitlist!

SCAN ME

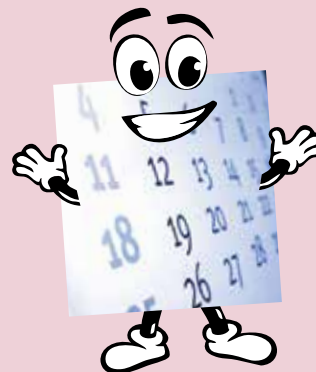


Mention this ad for
50% OFF
enrollment fee.

Call or Text: 208.261.1016

North Idaho Charitable Events Calendar

FREE



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



Fun with Puzzles!

ST. PATRICK'S DAY WORD SEARCH



2023 Summer Camps

The North Idaho Family Magazine has listed summer camps for over 20 years!

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 for list of camps and updates.

Check out Tech & Fun at Your Local Libraries!

All Ages

Check out a Chromebook or Hotspot! Visit tinyurl.com/communitylibrarynetwork!



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 20



The Wisdom Tree

Submitted by Shelly Zollman

I've been taking pictures of a tree on my (almost) daily walks. I call it The Wisdom Tree. I always stop for a few minutes. It gives me a chance to sit and reflect and untangle my thoughts for the upcoming day. It also represents progress. Improvement. The transition of seasons. It provides a solid, but also ever-changing, point of reference. Where I was. Where I'm headed. Who I am.

One day I took a different route and didn't go past the tree. I was about a block away, and had the sudden urge to turn around and go back. On the way to the tree, this spoken-word meditation "song" came on from my Spotify Discover Weekly playlist. So I sat and listened. The universe is pretty cool sometimes when you listen.

Sit Around the Fire - Song by Jon Hopkins

Beyond all polarities, I am
Let the judgments and opinions of the mind
Be judgments and opinions of the mind
And you exist behind that

Ah so, ah so
It's really time for you to see through
The absurdity of your own predicament
You aren't who you thought you were
You just aren't that person

And in this very lifetime
You can know it
Right now
The real work you have to do
Is in the privacy of your own heart
All of the external forms are lovely
But the real work
Is your inner connection

If you're quiet when you meditate
If you truly open your heart
Just quiet your mind
Open your heart
Quite the mind, open the heart

How do you quiet the mind? You meditate
How do you open the heart?
You start to love that which you can love
And just keep expanding it

You love a tree
You love a river
You love a leaf
You love a flower
You love a cat
You love a human

But go deeper and deeper into that love
"Til you love that
Which is the source of the light behind all
of it
Behind all of it
You don't worship the gate
You go into the inner temple

Everything in you that you don't need
You can let go of
You don't need loneliness
For you couldn't possibly be alone
You don't need greed
Because you already have it all
You don't need doubt
Because you already know

The confusion is saying
"I don't know"
But the minute you are quiet
You find out that in truth you do know

For in you, you know
Plane after plane will open to you
I want to know who I really am

As if in each of us
There once was a **fire**
And for some of us
There seem as if there are only ashes now
But when we dig in the ashes
We find one ember

And very gently we fan that ember
Blow on it, it gets brighter
And from that ember we rebuild the fire
Only thing that's important is that ember

That's what you and I are here to celebrate
That though we've lived our life totally
involved in the world
We know
We know that we're of the spirit

The ember gets stronger
Flame starts to flicker a bit
And pretty soon you realize that all we're
going to do for eternity
Is sit around the fire

Shelly Zollman is the Director of the North Idaho Family Group. She actively supports multiple nonprofits in North Idaho and Washington, managing social media, web, print, administration, events, and other marketing and outreach tasks.

Lyric Source & Video: https://youtu.be/3G4kCi_ldr8

ALICE Child Care Scholarship Program from United Way of North Idaho

What is it?

United Way of North Idaho's ALICE Child Care Scholarship is a pool of funds created through grants and fundraising to support families who are attending school and/or employed and need assistance paying for the care of pre-K and school-age children.

Who is it for?

Scholarships are available to families with children who are employed and/or enrolled in school or a job training program (includes local community colleges, technical programs, high school completion, etc.) and are paying for at least one child in a licensed early care and education program or out-of-school care program.

Apply: www.uwnorthidaho.org/alice-child-care-scholarship-program

Why Child Care Scholarships?

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.

The COVID-19 crisis devastated the child care industry. Many child care businesses closed to follow public health guidance, leading to lost revenue for weeks and months at a time. Low wages for teachers means a shortage of care options for working families. Child care is essential infrastructure to a healthy workforce and economy.

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



LIVE UNITED

INFO

unitedwayofnorthidaho.org




**Coeur d'Alene's
Indoor Inflatable
Play and Party
Center.**

**Open 7 days a
week for Parties
and Open Jump.
Conveniently
located
250 W. Dalton Ave.**

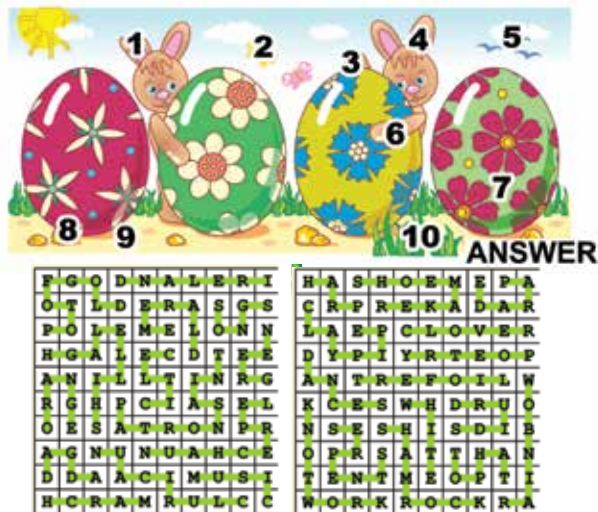
**Kids
under
2 are
always
FREE
with paid
sibling**

RENTALS NOW AVAILABLE

**Visit our website for more info, pictures,
and to see our commercial airing on KXLY.**

250WestDaltonAve.|CoeurdAlene,ID,83815|208-664-5200|info@jumpforjoycda.com
www.jumpforjoycda.com

Puzzle Solutions



Did you Know ... ? We're More than JUST a MAGAZINE!

The North Idaho Family Group Provides Outreach & Support to 100s of Nonprofits and the Clients they Serve

- **Family Day in the Park:** 100s of Vendors, Reach thousands of families
- **Education Information Center:** Pre-K through Retirement Education resources for all of North Idaho
- **North Idaho Family Magazine:** 24 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
- **The Group Scoop:** "Bite-Sized" news and informative topics for nonprofits and the community.
- **The North Idaho Family Magazine Facebook page & Group:** facebook.com/NorthIdahoFamilyMagazine
facebook.com/groups/northidahofamily - to share community information to families & organizations

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) ... so you're really helping over 100 nonprofits in North Idaho!



Distribution:

Counter & rack locations, schools and member organizations throughout Kootenai County.
Entire magazine appears on www.NIFamily.com.

Advertising Rates

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

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

Rates include standard production. Additional fees for unusual production.

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 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
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
Boy Scouts of America, Inland NW Council | 411 W Boy Scout Way | Spokane
Campfire Inland Northwest | 524 N. Mullan | Spokane WA | 509-747-6191
campfireinc.org
Fostering Idaho | 2005 Ironwood Pkwy ste 200 | Cd'A | fosteringidaho.org |
(800) 745-1186
Guardians of the Children | 2315 N Rebecca St | Spokane WA | 509-998-2535
guardiansofthechildren.com
Girl Scouts of Eastern Washington & Northern Idaho | 509-747-8091
gsewni.org
Idaho Drug Free Youth | IDFY.org | 664-4339
Idaho Sound Beginnings | healthandwelfare.idaho.gov
Idaho Youth Ranch/Anchor House | 1609 N. Government Way | Cd'A
667-3340 | youthranch.org
Neighbors n Need Sensory Play Center | 2700 E Seltice Way | Post Falls |
neighborsneed.wixsite.com/neighborsneed | 509-220-1918
Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee
208-882-6904 | healthandwelfare.idaho.gov

Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave | Cd'A | 292-2359 | hrei.org
Civic Engagement Alliance | 414 Mullan Ave | Cd'A | 274-3426 |
civicengagedca.com/

Crisis Intervention

Emergency, Fire & Police | 911
Child Protective Services | 1120 Ironwood Drive | Cd'A
855-552-5437 | healthandwelfare.idaho.gov
Children's Village | 1350 W. Hanley Ave, Cd'A | 667-1189 | thechildrensvillage.org
ICARE | 201 E. Harrison Ave | Cd'A | 676-1515 | 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
Post Falls Police Victim Services Unit | 1717 E. Polston Ave. | Post Falls
773-1080 | postfallspolice.com
Rape Crisis Line | 661-2522
Safe Passage | 850 N. 4th St. | Cd'A | 664-9303 | safepassageid.org

Education - Adult

North Idaho College | 1000 W. Garden Ave. | Cd'A | 769-3315 | nic.edu
North Idaho Higher Education | northidahohighereducation.org
North Idaho College Workforce Training & Community Education
525 W. Clearwater Loop, Post Falls | ID | 769-3222 | nic.edu/wtc
University of Idaho | 1031 N. Academic Way, Suite 242 | Cd'A
667-2588 | uidaho.edu

Education - Child

Be SMART for Kids | besmartforkids.org
Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.
Cd'A | cdaschools.org
Delightful Days Drop-In Daycare | 14870 N. Hwy 41 | Rathdrum
| 261-1016 | delightfuldaysdropin.com

The Dance Company | thedancecompanycd.com
Iris' House Pre-School & Childcare | 410 N 20th St | Cd'A | 667-3785
KidOne Camps | kidonecamps.com
KTEC-Kootenai Technical Education Campus | 6838 W. Lancaster Rd.
Rathdrum | 208-712-4733 | kectraining.org
Lake City Figure Skating / Frontier Ice Arena | 3525 W Seltice Way | Cd'A
603-667-7178 | lakecityfigureskating.org
Lake City Highland Dance Inc. | Silver Lake Mall | Cd'A | 771-0828
lakecityhighlanddance.com
Mountain States Early Head Start | 411 N. 15th St, Ste 200 | Cd'A
765-6955 | msehs.org
North Idaho College Head Start | 411 N. 15th St, Ste 103 | Cd'A
666-6755 | nicheadstart.org
Natural Connections Academy | 5827 W Conklin Rd | Worley, ID 83876 | 208-
428-6224
North Idaho School of Rock | northidahorockschool.com
Opening Books, Opening Doors | openingbooksopeningdoors.com
Quest Academy North Idaho | 6200 W Hayden Ave | Rathdrum |
questacademyni.com | 889-8040
Wired2Learn Academy | 1800 N. Hwy 41 | Post Falls
wired2learnacademy.com | 699-6232
North Idaho Robotics Opportunities (formerly Xanterra FLL) | facebook.com/XanterraFLL

Family Services

Family Promise of North Idaho | 501 E. Wallace Ave. | Cd'A
777-4190 | familypromiseni.org

Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise | 800-926-2588
idahocareline.org
Coeur d'Alene Parks Department | 710 E. Mullan Ave. | Cd'A
769-2252 | 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
Idaho SHIBA / Idaho Department of Insurance | doi.idaho.gov

Healthcare

Abundant Life Surrogacy | Nampa, ID | abundantlifesurrogacy.com
Aligned Family Chiropractic | 3904 E Mullan Ave STE C | Post Falls | 981-0093
First Steps Chiropractic | 8836 N Hess Street Suite E | Hayden | 758-9335 |
firststepschiropractic.com
Heritage Health | 1090 Park Place | Cd'A | 292-0292 | myheritagehealth.org
Hospice of North Idaho | 2290 W Prairie Ave | Cd'A | 772-7994 | honi.org
Kootenai Health | 2003 Kootenai Health Way | Cd'A
667-3742, PF 619-4100, SP 263-6763 | kootenaihealth.org
Kootenai Urgent Care | Cd'A, Post Falls, Hayden | kootenaiurgentcare.com
Open Arms PCC & Real Choices Clinic | 8056 N. Wayne Drive | Hayden |
realchoicesclinic.com | 667-5433
Panhandle Health District | 8500 N. Atlas Rd. | Hayden | 415-5100
panhandlehealthdistrict.org
Peach Orthodontics | peachortho.com | 618-5111 | 1145 E Polston Ave, Post
Falls
SafeStart - NISSA | 1130 North 4th Street | Cd'A | 206-548-9290 | nwsids.org
Shriners' Hospital for Children | 911 W. 5th Ave. | Spokane, WA
509-455-7844 | shrinershospitalsforchildren.org/spokane
Spoelstra Family Chiropractic | 214 West Sunset Ave | Cd'A | 667-7434 |
cdahealth.com
Syringa Family Partnership | 8680 N Wayne Dr, Ste C | Hayden | 635-5907 |
<https://www.syringaafp.com/>

Healthcare - Mental

Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Cd'A 625-4884 | nicrisiscenter.org

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

Misc.

The Art Spirit Gallery | 415 Sherman Ave | 765-6006 | theartspiritgallery.com

Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Cd'A | 765-8600 | cytnorthidaho.org

Coeur d'Alene Arts & Cultural Alliance | 105 N 1st St, Suite 100 | Cd'A | 292-1629 | artsandculturecda.org

Coeur d'Alene Library Foundation | 702 E Front Ave, Cd'A | 208-769-2315 | cdalibrary.org

Coeur d'Alene Public Library | 702 E Front Ave, Cd'A | 208-769-2315 | cdalibrary.org

Coeur d'Alene Summer Theatre | 4951 Building Center Dr., #105 Cd'A | 660-2958 | cdasummertheatre.com

Community Library Network | Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, Spirit Lake | communitylibrary.net

DogNIt Hotel & Daycare | 2890 N Government Way | Cd'A | dognit-daycare-kennel.business.site/

Elite Auction | PO Box 1354 Hayden 83835 | 640-7449 | eliteauctioninc.com

Idaho Education News | idahoednews.org

Idaho Public Television | idahoptv.org

Innovia Foundation | innovia.org

Jump for Joy | 250 West Dalton Ave | Cd'A | 664-5200 | jumpforjoycda.com

Kagey Company | 1048½ N 3rd St | Cd'A | 667-2314

Momentum Sports and Play | 245 W Bosanko Ave Ste 1 | Cd'A | katie@momentumsportsandplay.com | 966-4535

North Idaho Sports Commission | PO Box 391 | Cd'A | 503-740-9946 | nisportscommission.org

Northwest Health & Safety Network | 99 Brown Creek Rd | Naples

Quest Summer Day Camp @ CDA Nazarene | 4000 N 4th St. | Cd'A | 667-4813 | cdanaz.org

Running Shoes 4 Kids | facebook.com/runningshoes4kids

Safesplash + Swimlabs of Cd'A | safesplash.com/locations/coeur-d-alene-id

The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course Rd. | Cd'A | kroccda.org

Pet & Animal Services

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

Religious/Fraternal

First Presbyterian Church | 521 E Lakeside Ave | Cd'A | 1stpresdowntown.org | 667-8446

Heart of the City Church | 722 W Kathleen | Cd'A | 665-7808 | theheartcda.com

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

Senior Services

Adult Protection Services | 2120 Lakewood Dr. #B | Cd'A | 667-3179

American Senior Resources | Daniel Osburn | 360-926-5372

ElderHelp | 9420 Government Way, Hayden | 661-8870 | ehoni.org

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

Social Services

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

Habitat for Humanity | 176 W Wyoming Ave | Hayden | 762-4663

Idaho Dept. of Health & Welfare | 1120 Ironwood Drive | Cd'A | healthandwelfare.idaho.gov

St Vincent de Paul | 201 E. Harrison Ave. | Cd'A | 664-3095 | stvincentdepaulcda.org

Union Gospel Mission Center for Women & Children | 196 W Haycraft Ave | Cd'A 665-4673 | uniongospelmission.org

United Way of North Idaho | 501 E. Lakeside Ave., Ste. 3 Cd'A | 667-8112 | unitedwayofnorthidaho.org

Special Needs

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

Substance Abuse-Recovery/Prevention

Al-Anon | Cd'A | 676-0549 | al-anon-idaho.org

Alcoholics Anonymous | 118 N. 7th St., Ste B5 | Cd'A | 667-4633 | aa.org

Idaho Drug Free Youth | 610 W. Hubbard, Ste 123 | Cd'A 664-4339 | idahodrugfreeyouth.org

Kootenai Recovery Community Center | 405 N 2nd St Cd'A | (208) 932-8005 | kootenairecoverycenter.org

Reentry Idaho | PO Box 3581 | Cd'A | 900-9075 | reentryidaho.org

Support Networks/Groups

Operation Second Chance | operationsecondchance.org

Disability Action Center | dacnw.org

Ds Connections NW | dsconnections nw.org | 3839 W Prairie Ave, Hayden, ID | (877) 733-3955

Reentry Idaho | 900-9075 | reentryidaho.org

NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS • BASIC NEEDS • COMMUNITY RESOURCES



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

www.NIServicesDirectory.com

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.

FINISH YOUR DEGREE

Lewis-Clark State College works for working adults



Coeur d'Alene, Lewiston or Online

- **Flexible:** Study online, in the evening, on the weekend, and move toward your degree at whatever pace works best for you - including online, evening and weekend, 8-week, virtual remote, and portfolio courses.
- **Affordable:** The Idaho Opportunity Scholarship awards eligible applicants up to \$3,500 per year and is renewable for up to four years. Plus, LC State offers the lowest tuition among public four-year institutions in Idaho.
- **Focused:** Specialized programs, services, advising, including transfer-friendly degree options.