

FREE

Winter
2014

NORTH IDAHO FAMILY

M A Z I N E



It Takes ^a Character



**Quick Facts on
NEW Street Drugs**

Senior Centers

*Next
Issue* **Regional Education
Opportunities**
a How to Guide - Part I



www.nifamily.com



Your health. Our focus.

At Kootenai Clinic we are part of the community, living and working throughout northern Idaho and eastern Washington. Internally, we are connected as a community as well. We are physicians and providers, from family medicine, surgery, cardiology, oncology, and more. We're all working together, sharing vital information and resources, and focused on making your health care the very best it can be. Because after all, at the center of our community is **you**.

For a list of all Kootenai Clinic locations visit kootenaiclinic.org or call (208) 625-4652.



KootenaiClinic

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Keep up with everything North Idaho
by following Spek Tater on Facebook.
www.facebook.com/spektater

Welcome to 2014!

It's been over 16 years since the original group of local nonprofits became involved with the North Idaho Family Magazine. Through the years the publication and its companion website, nifamily.com have provided:

- Hundreds of local features on things that matter to North Idaho families
- The NICE calendar for charitable events planning
- The North Idaho Family Group which provides outreach to those supporting healthy families
- Connections through social media

We are excited about the future and the dramatic changes we will be able to bring to you and your family.

The formation and finalization of the nonprofit North Idaho Family Marketing and Communications Coalition, and its hiring of a group coordinator, will streamline what we can do for area nonprofits and how

we can fulfill the important mission of building healthy families and lifelong learning in our community.

The Family Group will provide:

- An annual nonprofit service directory
- Resources for event marketing and communications
- Expansion of the lifelong learning mission that reaches all who want an education
- Partnerships with U of I and others for Nonprofit Leadership Certification and Continuing Education Units
- An ongoing, in-depth local look at what's important to families through the North Idaho Family Magazine

Please enjoy this issue and make sure to like us on Facebook:

www.facebook.com/NorthIdahoFamilyMagazine

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Coeur d'Alene mascots share their secrets. Who has a great sense of humor? Who loves singing with kids? Where do the characters sleep?



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New Street Drugs Parents Need to Know About

Three types of illegal drugs that either are or will be a problem in North Idaho. Warning: Do Not Google images on one.



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Kootenai County Senior Centers

Seniors in Coeur d'Alene, Post Falls and Hayden have access to centers that provide classes, meals and social interaction.

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It Takes a Character

A recent interview shares a glimpse into the lives of the area's most notable ambassadors.

"I get to play all day long. That's right. All day long! I'm Bucky T. Horse and I live at the North Idaho Fair. I get to hang out at the fairgrounds without my parents. I get to play with all my animal friends, eat all the awesome fair food, and ride the rides at night after everyone goes home! Living at the North Idaho Fair is the coolest."

"Well maybe you do get to play with all those animals, Bucky, and eat that fabulous food, but I get to hang out at the North Idaho College campus with college students which makes me super smart. Besides that, I get to lead the Cardinal fans in NIC cheers from courtside, way closer than anyone else!"

"That all sounds pretty cool you guys, but I spend my days in awesome photo shoots for fyinorthidaho.com and it's pretty fabulous.

Me and the Mrs. and our Tater Tots get to promote and go to all of the fun events and cool locations that North Idaho has to offer.

We get to go to everything!! And you should see all my outfits."

"Wow. You guys really do have wonderful places to hang out and things to do! But get this. I have a book and a song that's written about me

and my best friend Millie Mouse! Millie and I have the best life ever. We play hide-and-seek all day long, sing songs, spy on other animals, and everyone wants to take a picture with us. We get to meet people from all over the world. Plus, I get to go to school and work on books and stories with all the local kids!"

Meet Cecil Cardinal of North Idaho College, Bucky T. Horse of the North Idaho Fair, Spek Tater of fyinorthidaho.com, and Mudgy Moose and Millie Mouse of the Coeur d'Alene Public Library.

As community VIPs, they get to go behind the scenes, be in parades, celebrate grand

openings, be adored by people of all ages, visit schools, and play all day long.

"I love North Idaho College and what it means to be a Cardinal," said Cecil Cardinal in an interview for this story. "I get to see people of all ages and backgrounds come to campus to change their lives. There's no greater place to be in the world."

"It's not always just fun," said Mudgy "Sometimes it's pretty challenging. Like finding a place to hide where Millie can't see me because I'm SO big! My favorite times are when the kids visit me and we sing or read a book. That's really awesome."

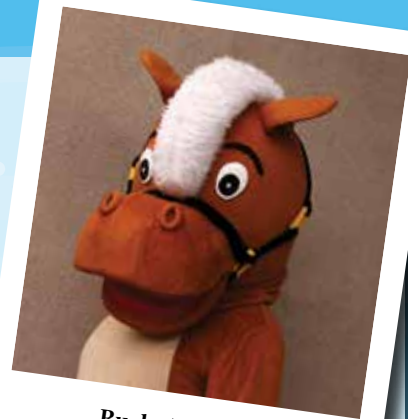
These guys are blessed with a great sense of humor. When asked what he does in his spare time, Bucky T. Horse said, "Mostly just horse around."

"I keep my eyes peeled on what's happening," said Spek Tater. "I love to enjoy everything North Idaho has to offer like skiing, snowboarding, and relaxing by the fireplace. And yes, I'm always careful to not get baked."

When asked where they rest after a long day of play, appearances, and crowds, they each share their special place. Cecil Cardinal has a beautiful nest on top of the Edminster Student Union Building in the center of campus where he watches over the students. That's also where he reads his pen

pal letters from the children at the NIC Children's Center preschool. Mudgy curls up with his pal Millie in his favorite hiding spot in the Tubbs Hills forest. He loves to watch the lake during the sunrise and sunset. Bucky T. Horse sleeps in the North Idaho Fair barns and watches his friends, the little critters, come and go. And Spek Tater nestles down in his potato bed wearing one of his many outfits, his yammies.

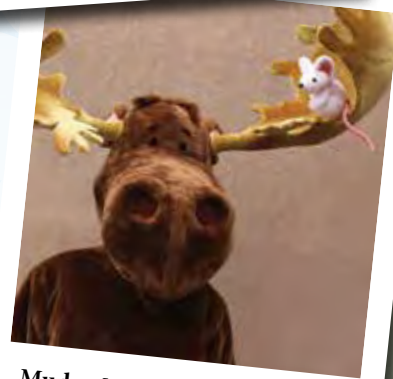
Thank you Cecil, Mudgy, Bucky, and Spek for all the great things you do for our North Idaho community. It's great fun to see you in action. We love that special spirit and magic that only you can provide. We know it takes someone extra special to do your job. It takes a character.



Bucky T. Horse
North Idaho Fair



Spek Tater
fyinorthidaho.com



Mudgy Moose & Millie Mouse
Coeur d'Alene Public Library



Cecil Cardinal
North Idaho College

Tips For Successful Fundraisers

by Rose Backs, Auctioneer

There is power in your message.

Fundraising is an ever present part of nearly all nonprofit organizations. It can be an overwhelming and daunting task to take on any benefit event. There are a number of ways to ensure success and I'd like to touch on just one: Preparing your guests to give freely at your event.

People support causes they understand and have a connection to. Inundate your guests with compelling information about your cause. I'm not talking about long speeches full of statistics or logistical information. I'm talking about the story of YOU! Tell the story of the lives that have been changed by what you do and why your organization is more worthy than another to receive contributions. You don't have to use a hammer! Simple, subtle messaging is far more effective and easy to do. Here are six examples:

- ◇ Choose a message and stick with it—simple, repetitive messaging (think “the Power of U” – United Way, “Doing the Most Good” –The Salvation Army).
- ◇ Handwritten note of thanks at every place setting.
- ◇ Place placards throughout the room with quotes from recipients of your care.
- ◇ Hang signs with photos of success stories.
- ◇ Put a powerful quote or story on the front or back (or both) of your event program.
- ◇ Send home touch cards so people can reach out to you to get more involved.



Rose Backs began working in the auction industry in 1997. Rose is consistently recognized as one of the top women auctioneers in the nation. She enjoys the opportunity to do something that benefits others.

Local Food Banks Need Your Help

During the holiday season, the spirit of giving leads many to donate to charities, including our local food banks. While these seasonal contributions are greatly appreciated, help is needed throughout the year.

The Community Action Partnership Food Bank (CAP) is considered the “hub” of local area food banks. CAP serves all of Kootenai County and distributes food to more than 30 sites in the five northern counties. Carolyn Shewfelt, the Food Program Manager at CAP, says that in the last year they have dealt with a double-edged sword of an increase in need and a decrease in their donation pool.

“People who used to come in towards the end of the month to supplement their food stamps are now coming in every week,” Shewfelt said. In addition, CAP has either lost or seen a decrease in their food suppliers, such as the closing of a bakery that provided about 500 lbs of bread products per month.

Considering that almost 10,000 lbs of food leaves CAP daily (the equivalent of

about 5.5 1967 Volkswagen Beetles, Shewfelt said), the ability to provide for the needs of the public they serve can be a challenge.

How can you help?

- Donate money. CAP can always use donations for their operating expenses. You can also contribute to a CAP account set up at Super 1 Foods. Your contributions are used to purchase foods that are most needed (proteins like tuna and peanut butter) and/or on bulk sale purchases.
- Donate time. CAP needs 1,200-1,300 volunteer hours per month in various capacities, “especially people who know MS Excel,” Shewfelt added. A time commitment of 4 hours once per week is requested.

CAP is open 7 days a week and located at 4144 W Industrial Loop in Coeur d'Alene.



Community Action Partnership
208.664.8757

CDA 2030: Ideas into Actions

CDA 2030 visioning process aims to create a bold vision for greater Coeur d'Alene in the year 2030, as well as an action plan to help guide us in achieving that vision over time. The result will be a clear, all-inclusive direction for our community, created by the people of CDA. This will include avenues for business, government, education and community groups to make that vision a reality.

To date, the CDA 2030 project has generated involvement and enthusiasm throughout the community. Vision ideas have been collected from community members through a scientific telephone survey, online questionnaires, interactive presentations, workshops, and two major public events. Already, more than 1,800, and counting, community members have joined the conversation!

CDA 2030 has big plans for the next six months of the yearlong project. CDA 2030 will be testing key vision elements with the community during a Vision Road Show and forming the Action Planning Committee to work on details of the Action Plan. Partnerships will be established throughout the community to ensure the implementation of recommended projects, as well as establishing several “Easy Win” projects that will be jump-started.

It's not too late to get involved with the future of your city! For more information, visit CDA2030.org or follow the CDA2030's Facebook or Twitter pages. Join us in building a bright future for greater Coeur d'Alene!



CDA 2030
www.cda2030.org



North Idaho Family Group

launches new services for area nonprofits



The North Idaho Family Group (NIFG) will significantly expand its mission this year to bring a momentous change to the landscape of local nonprofit organizations.

The North Idaho Family Group is now a nonprofit organization to service all nonprofits in the North Idaho region. “We are well on our way to becoming the hub for marketing and communications for nonprofit agencies in the area, as well as a respected resource for individuals who want to vet regional nonprofits when considering a donation or gift.”

“The structure and function has been in place for many years, but with recent changes in the nonprofit sector the time is right to expand and enhance services,” said Kiki Miller, owner of Kagey Company and the North Idaho Family Magazine and founder of the North Idaho Family Group. “The mission of the North Idaho Family Magazine and its group will continue to

grow a healthy community and support lifelong learning.”

What is North Idaho Family Group?

A Communications and Marketing Coalition comprised of a fee based membership that is dedicated to promoting healthy families and lifelong learning.

What do they do now?

Through collaborative agreements produce;

- the online North Idaho Charitable Events Calendar (NICE)
- the North Idaho Family Magazine (now in its 16th year!)
- the most comprehensive and current Area Services Directory for referrals, community education and resources, service providers.

What's new for 2014?

The new nonprofit organizational structure will;

- Provide the comprehensive database that profiles area nonprofits.
- Provide communications and marketing services, tailored to a requesting member agency's unique needs from a consortium of qualified, professional freelancers and subcontractors.
- Introduce and facilitate regular round tables, workshops, and forums on topics applicable

to non-profit management, fund-raising.

- Collaboration with national grant writers, the Coeur d'Alene Chamber of Commerce, and the University of Idaho to provide professional leadership certification, ongoing education credits, community outreach and collaborative funding opportunities.
- Provide the how-to guide and resources outlining Regional Education Opportunities.

Membership Details

Membership is \$100 annually. Other programs and education elements are fee based. Beyond the tangibles of the calendar, inclusion in the magazine, and service directory, members will also have access to website content, podcasts, videos, and discounts on marketing packages as well as consulting opportunities with area experts.

“It's a very exciting and much needed component that has been missing from the non-profit world in North Idaho,” says Shelly Zollman, Group Coordinator at NIFG. “I'm thrilled to be a part of it.”

Information about the North Idaho Family Group and membership applications are available online at www.nifamily.com or by calling Shelly Zollman at 208-699-0126.



Volunteerism

By Geoffrey Heald, Lake City Junior Academy

Another holiday season has come and gone. On Thanksgiving we celebrated what we had been given, and expressed our gratitude. At Christmas we remembered “it is better to give than to receive”. On New Year's Day we gave ourselves goals for the coming year (and then promptly forget them!) In different ways, the holiday season kept our minds focused on gifts and giving. But now the holidays are behind us, and we are heading into the drudgery that is winter in North Idaho. How can we beat the mid-winter blues? By continuing to give!

Volunteering is an act of giving that costs nothing but time, and the value far-exceeds material gifts that are quickly used up,

lost, or broken. Volunteering benefits everyone involved—the recipient, the volunteer, and the community at large. Children and teens who volunteer learn to move past their own self-focus and recognize the needs of others. Schools that incorporate community service components have students who feel the value of helping others and are driven to continue seeking new opportunities to volunteer. Students in parochial schools are also given a way to put their faith into action in a meaningful, tangible way.

Providing service opportunities for students is good for the community on two levels. First, the neighborhood, city, state, and/or country is immediately improved, simply because various needs are met. Secondly, that improvement is doubled when children grow up

to be adults who understand that being a good citizen means being involved.

The opportunities for service are endless and varied. Volunteering can be as large or small as an individual, a family, or a school wants it to be. Families can help out at a soup kitchen or the local community food bank. Children can read or play music for residents at nursing homes or retirement centers. Older kids and teens can walk dogs at the humane society. Parents and grandparents can spend time in their child's classroom, grading papers or listening to kids read. Schools can organize outings to rake leaves or pick up trash. Everyone has skills and interests that can be used to help make the world a better place!



Lake City Junior Academy
www.lcja.org

THE COWBOY BALL

It's that time of year again to break out the good cowboy boots, snag a babysitter, and get ready for an evening chock-full of succulent barbeque, western hospitality, and country dancing!

Coeur d'Alene's most memorable western event, the Cowboy Ball, is set to light up the Kootenai County Fairgrounds on Friday, April 4. This year's Ball will feature live-music by the Kelly Hughes Band, line-dancing lessons, live and silent auctions, and even western best-dressed and mechanical bull contests with substantial prizes.

Feel good about enjoying this fun-filled gala, knowing that all the proceeds raised through the dedication of the North Idaho Fair & Rodeo Foundation and will go directly into scholarships for local students and capital improvements to your very own Kootenai County Fairgrounds. The funds raised at last



Attendees at the 2013 Cowboy Ball enjoy line dancing to live Country Music.

year's Cowboy Ball made it possible for the Foundation to award five \$1,000 scholarships to deserving North Idaho students as well as fund the brand new barn-red paint makeover

that you saw last year at the Fairgrounds.

Don't wait to buy your tickets... last year's event sold out quickly!



Kootenai County Fairgrounds
www.cdacowboyball.com

Community Library Network Bookmobile *More than what meets the eye!*



The vibrant blue and yellow bookmobile catches the eye, but what it contains inside catches the imagination.

The 256-square-foot library holds a surprisingly large collection of books, music, and movies. And what's not on the shelves can be retrieved from the catalog containing hundreds of thousands of titles. People can request materials to be delivered on the Bookmobile by phoning ahead or browsing and placing holds on items from the Community Library Network's website.

Back in the late 70s, it was the only library serving county residents. "Our population was rural and bookmobile routes ran throughout the county," said Outreach Coordinator Twylla Rehder. As the county grew up, the bookmobile service has evolved to go where people need library service.

Today, the Bookmobile is more likely to be seen at schools, senior apartments and in other urban settings. It also appears in parades, community celebration days and at parks and the county fair. No matter where it happens to be, visitors are always welcome.



Community Library Network
www.communitylibrary.net



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Community comes first for NIC wrestlers

By Kaye Thornbrugh

Character wins championships.

It's more than Pat Whitcomb's mantra. As head wrestling coach at North Idaho College, character is something he works to instill in his team through their work on community programs.

The wrestling team's longest-running program is the Shirley Parker Reading Program, which was founded in 2002 in partnership with Parker Toyota. The program was named in honor of Doug Parker's late wife, Shirley, who was a supporter of both reading and wrestling.

"I think it's a great tribute to her. Education meant a lot to her," said Jim Parker, dealer principle of Parker Toyota.

Through the program, NIC wrestlers visit every first-grade classroom in the Coeur d'Alene School District and give a book to every student. This year, the team will distribute its 12,000th book.

"The book is something solid, something material, that's theirs," Whitcomb said. "They didn't borrow it from a classroom. Their parents didn't have to buy it for them. It's theirs. They come home with that and show ownership. You can just see them light up when they get that."

Since the founding of that first program more than 10 years ago, the NIC wrestling team has tackled numerous other projects. Over the last four years, the team has raised \$8,000 for the Susan G. Komen Race for the Cure through the sale of "We Care" T-shirts. The wrestlers also volunteer at the Race for the Cure, guiding runners along the course, handing out water and helping with cleanup. In January, the wrestling team will continue its annual youth wrestling program for K-6th graders through the Coeur d'Alene Recreation Department. The newest addition to the team's program lineup is a school supply giveaway for local families. The first giveaway was at the end of August.

It's important to Whitcomb that these projects aren't just a flash in the pan. Each project is a commitment.

"We're a community college," he said. "We've won 14 national titles, but that couldn't happen without the support of the college and the community."



North Idaho College
nic.edu

Looking for a job in the New Year

If you are unemployed, the New Year is a good time to stop for a moment and re-evaluate your job search. Below are four top strategies for the New Year:

→ **Network, Network, Network** (#1 way job seekers get employed)

Looking for work can be a full time job. Get out and about networking (both online and in person) at least 40 hours a week. Attend local chamber meetings and job fairs. Always have an updated resume with you and be prepared to do an impromptu interview.

→ **Have a social media presence**

Create a social media profile, or if you already have one clean it up! Create a LinkedIn Account and a specific "employment" Facebook page. Employers will "google" your name so keep that in mind when posting things online.

→ **Have a "stand out" resume**

With employers getting so many resumes that look the same, create one that stands out in some SMALL way. Use the job posting to tailor your resume to fit specific job requirements.

→ **Ask for help!**

Take advantage of the free local employment related workshops and classes offered through various agencies, such as the Idaho Department of Labor or North Idaho College Workforce Training Center. Take advantage of the opportunity to network with professionals who help people find work and with other job seekers. This will expand your knowledge of current employment trends.

Free Job Search Strategies Workshops held at NIC Workforce Training Center:

January 22, Wednesday, 2-4pm

February 12, Wednesday, 2-4pm

March 19, Wednesday, 2-4pm

April 16, Wednesday, 2-4pm

To register or for more information call (208) 769-3333.



NIC Workforce Training Center
www.workforcetraining.nic.edu

Human Rights Education Institute

The Human Rights Education Institute is bringing new programs for students and teachers and several activities intended for the general population in 2014. The center plans to bring informative exhibits to the facility and speakers designed to increase an understanding of diversity and acceptance.

HREI receives support through financial contributions by individuals and organizations, and with generous in-kind donations such as gift certificates, professional services, volunteer hours, human rights films, books and artwork, gently used clothing and household items for their Recycling for Cash campaign, and more. Donate directly at www.hrei.org or call (208) 292-2359.



Human Rights Education Institute
www.hrei.org



It Takes a Village

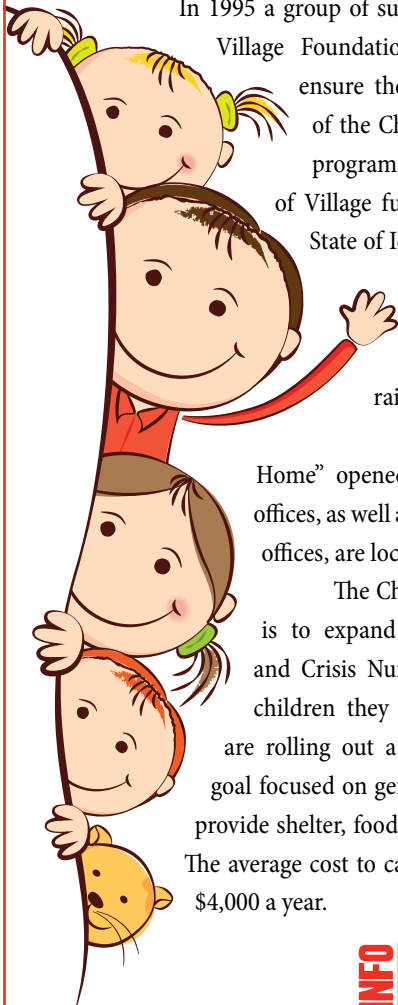
The Children's Village, Inc. was incorporated in 1984. The facility is governed by a volunteer Board of Directors and daily operations are managed by an administrative team. The Children's Village remains debt free owning 15 acres and two large homes and a shop. In 2013 they hired a new Executive Director, Julie Lockhart. Julie comes from Shriners Hospital where she was the Director of Development and a member of the executive leadership team.

Their first house, "The Moyer Home" opened in 1990 and serves children who are abused, neglected, homeless or in severe family crisis. Children ages birth through 18 can live in this licensed group foster home - permanently if needed. Brothers and sisters are kept together and residents are transported to their schools of origin throughout the Coeur d'Alene, Post Falls and Lakeland School Districts. Over 2,000 children have been served since the doors opened. Children receive food, clothing, medical care, counseling, love and hope. They participate in activities and each child has a mentor. Within the Moyer Home is the Crisis Nursery which provides care for infants and toddlers at risk, or in a family crisis, up to age four.

In 1995 a group of supporters formed the Children's Village Foundation, Inc. Their mission is to ensure the future and financial stability of the Children's Village and to support programs serving children. Less than 5% of Village funding is received through the State of Idaho. The Foundation sponsors annual charity auctions, including spring and winter events and special fund raising projects.

Their second house, "The Miller Home" opened in 1996. The administrative offices, as well as Children's Village Foundation offices, are located in this building.

The Children's Village short-term goal is to expand the existing Moyer Program and Crisis Nursery, doubling the amount of children they are licensed to care for. They are rolling out a campaign with a fundraising goal focused on generating the revenue needed to provide shelter, food and services to more children. The average cost to care for a child is approximately \$4,000 a year.



Children's Village
www.thechildrensvillage.org

IS YOUR SMARTPHONE CAUSING DIGITAL DEMENTIA?

SmartPhones and devices provide endless information, instant connection, and answers to virtually any question we could ever ask. But at what cost?

We are often reminded of the dangers of texting or using a cell phone while driving, but it bears repeating. There is no safe way to use a phone or device while driving. Period. Distraction.gov says 11% of all drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.

But have you thought about other, less obvious health concerns, such as:

- **Sleep deprivation** from the inability to tear yourself away from that stimulating conversation or game.
- **Impaired social skills** from reliance on Facebook, Instagram, Instant Messaging, and conducting byte-sized digital conversations in lieu of face-to-face contact.
- **Hearing damage or loss** from listening to loud music with headphones.
- **Vision problems** from staring at small screens.

An eye surgeon in the United Kingdom says that "since the launch of SmartPhones in 1997 there has been a 35% increase in patients with advancing myopia



(short-sightedness). www.google.com/6xSRXS

And, one of the most chilling reports recently is that South Korean doctors have reported a surge of "digital dementia" in young people who are so reliant on their devices that they forget simple details like their phone numbers. The term "Digital Dementia" was coined in South Korea, one of the most digitally connected nations in the world, and means a deterioration in cognitive abilities that is more commonly seen in people who have suffered a head injury or psychiatric illness. www.google.com/bnZEzu.

While impaired brain development is especially important for kids, we should all be aware of the adverse health effects of spending too much time on a Smart device. Pick up a book. Take a walk. Get some sleep!

Human Rights Education Institute

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Coeur d'Alene Chamber of Commerce Commordores assist with the ribbon cutting at Kootenai Clinic's new location.

Kootenai Clinic recently celebrated the grand opening of a new location at 1919 Lincoln Way in Coeur d'Alene. The new facility is home to four physician practices, a lab, imaging center, and even a coffee shop. It is also right next door to the Interlake Building at 700 Ironwood Drive, home to six more practices, including cardiology and oncology.

Kootenai Clinic started as Kootenai Physician Clinics in 2006. Since then, the clinic

work together.

"It's like a football team," explained Kootenai Clinic otolaryngologist (ear, nose and throat doctor) Chad McCormick, M.D. "The patient has the whole team working together for him, so he's not left to try to figure things out on his own."

Similar to the model used by Mayo Clinic and Cleveland Clinic, Kootenai Clinic physicians are employed by the hospital.

Kootenai Clinic a great place for care

has grown each year and added specialties ranging from family medicine to cardiac care and oncology. Kootenai Clinic offers a multidisciplinary approach to patient care, creating a framework that makes it easy for physicians to

Together, the hospital administration and a group of physician leaders oversee business operations at the clinics. The leadership model helps each practice learn from its peers; sharing ideas and implementing "best practices" throughout the Clinic.

"When you can bring multiple practices and disciplines to one location, it helps patients navigate through their care," Walt Fairfax, MD, Kootenai Health Chief Medical Officer, said. "It also decreases delays between appointments and allows for more collaboration."

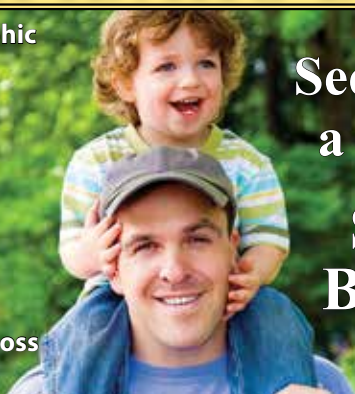
Kootenai Clinic brings a new vision for the future of medicine to northern Idaho. It is a proactive approach designed to keep patients—and the community—healthy and strong.



Kootenai Clinic
www.kootenaiclinic.org

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ASK THE PHARMACIST



PHARMACISTS:

THEY DO MORE THAN FILL PRESCRIPTIONS

Druggists don't just dispense medications. They also give advice on side effects, interactions with other drugs, and a whole lot more.

Pharmacists learn to engage with patients as part of their six to eight years in pharmacy school. Students take courses such as medicinal chemistry, path physiology, and pharmacotherapy; and must pass both national and state licensing exams. They also practice communication skills with other students and community pharmacists, who volunteer their time to pose as patients, and they spend more than 1,700 hours of their training interacting with patients in doctor's offices and hospitals.

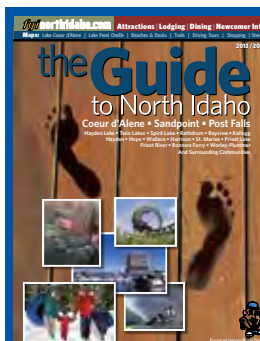
Here are just some of the things your pharmacist can help you do:

- **See the forest, not just the trees.** Your pharmacist can review your entire medication record for potential interactions, see if you're taking drugs with duplicate effects, and check on prescription refills.
- **Learn what to take when.** Is your asthma medication taken during an attack or all the time? Can you sip wine if you're on an antibiotic? When should you take your new birth control pill? Your pharmacist has the scoop.



- **Ease side effects.** Is the niacin you are taking causing a burning sensation? Is your blood pressure drug causing impotence? Or is your antidepressant robbing you of sexual desire? A schedule change could do the trick, or your pharmacist might offer options you can discuss with your doctor.
- **Pocket the savings.** Medication bills skyrocketing? Talk to your pharmacist. A generic antiviral medication that costs \$9 might take the place of a new-to-the-market prescription brand priced at \$65.
- **Spill it.** Taking ginseng for focus? St. John's Wort for depression? Black cohosh for hot flashes? These and other kinds of supplements could potentially interact with your prescriptions. Confess to your pharmacist, who will know whether you may encounter problems and can advise you accordingly.

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New Drugs Parents Need to Know About

Parents need to be aware of three types of drugs that either are or may become an issue in North Idaho.

Desomorphine (street name: Krokodil)

What is it? A synthetic form of a heroin-like drug made from codeine tablets and toxic chemicals like industrial cleaners and lighter fluid.

Effects: a heroin-like high

Consequences: Literally “flesh eating.” The area of the injection becomes infected, scaly, gangrene, and begins to decay. Mortality is said to be about two years from first taking the drug.

More info: Google with caution. The pictures are gruesome and should cause major deterrence.

Spice (huge with teenagers according to Palmer)

What is it? A synthetic mixture of herbs similar to marijuana.

Also known as: Moon Rocks, K2, Yucatan Fire, or Skunk

Effects: Because of the different herbs used, there are a wide range of effects from

elevated mood and relaxation to extreme anxiety, paranoia, and hallucinations.

Consequences: Hallucinations, vomiting, confusion. Can raise heart rate and cause reduced blood supply to the heart, potentially causing a heart attack.

More info: www.drugabuse.gov/publications/drugfacts/spice-synthetic-marijuana

Prescription Medicines

There are three distinct classes of prescription medications that are abused. Here is a quick summary:

Opioids

Examples: Hydrocodone, OxyContin, Vicodin, Codeine, Fentanyl

Effects & Consequences: Diminish perception of pain, addiction, euphoria, dependence, drowsiness, constipation, slow respiration, death

The more we know

The North Idaho Region 1 Advisory Committee (RAC) recently reported these sobering statistics on the Substance Abuse Prevalence/Age of first use:

- 8% reported being exposed under 10 years of age
- 44% reported between ages 10-14
- 30% reported starting between age 15-17
- 18% reported 18 or older

Depressants

Examples: Valium, Xanax, Ambien

Effects & Consequences: Calming, drowsiness, addiction, dependence, uncoordinated, slow respiration, decrease heart rate, death

Stimulants

Examples: Adderall, Ritalin

Effects & Consequences: Alertness, addiction, dependence, irregular heartbeat, high body temp, high blood pressure, heart failure, seizures, paranoia, death

The Idaho Office of Drug Policy has a wealth of information and resources about Prescription Medicine abuse. www.odp.idaho.gov/prevention/prescription.html. Also, several police departments have drop boxes for prescription meds that will not be used, no questions asked.

If you are worried or suspect that your child is using drugs:

- Purchase a urinalysis (UA) test, available at WalMart and other stores.
- Visit the Al-Anon website for information and local meeting times: www.al-anon-idaho.org
- Make contact with a local church that has a faith-based recovery group. You typically would not be required to attend the church to attend the recovery group.

Angela Palmer, Substance Use Disorder Program Manager for Alliance Family Services, will provide a free consultation over the phone at 208-667-2979.



Helping Couples in Conflict

- Transforming Conflict into Partnership
- Focus on Problem Solving
- Get Clarity: Is this Working? What Now?



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Care Coordination: The Shriners Hospital Difference

By: Damon Pilgrim

Imagine this: you are in the hospital. You are there because your knee was injured and you have surgery scheduled for tomorrow. That's all you know.

That's not much to work with. The fact is, actual patients in actual hospitals don't get much more information than this.

If you are like most people, you are probably nervous. You have questions you want answered. You want to know that your medical care providers are all on the same page when it comes to your care. You want to know that everything will be managed with expertise, kindness and compassion.

Shriners Hospitals for Children® Spokane recognizes that a hospital visit can be a vulnerable time for anyone, but especially for children, parents and families. This is not a time for caregivers to simply deliver medical procedures. Care must be coordinated so it is seamless, giving confidence and comfort to patients and families.

The Spokane Shriners Hospital's care coordination model is designed to deliver family- and patient-centered care. In this model, a care coordinator oversees families and patients as long as they are under Shriners Hospital's care. Care coordination proactively works on a plan of care for each patient. Coordinators communicate with the team to provide seamless care. They facilitate transitions in care as the patient moves between departments and finally back home. Additionally, care coordinators connect patients with community resources and align resources with patient needs.

What does this mean? It's simple. The care coordination team consists of registered nurses and social workers. The registered nurses work with your physician to plan the care for individual patients. The social workers accommodate transportation, housing, community resources and financial counseling as well as patient and family resources.

This benefits the patient by giving them confidence in always knowing who to turn to when they have questions. They can get to know one person well by talking to the same person every time, creating a level of comfort that would otherwise not be present. They know their Care Coordinator will address any concerns and questions with everyone who has a hand in their care. Ultimately, care coordination offers comfort to ordinary people in vulnerable situations. Imagine that.



Shriners Hospitals for Children

shrinershospitalsforchildren.org/spokane

KEEPING KIDS SAFE ON THE INTERNET

Kids today are using the internet, and probably doing it better than most of their parents. They are connected at school, at home and in between via their mobile phones. The internet has been a powerful tool in teaching kids - anyone remember doing research papers using encyclopedias? It is also an amazing source of entertainment with online interactive games, social sites, music and videos.

As parents, our job is to keep our children, of all ages, safe and to raise them into great adults. How do we do that in the internet age when we can't even see the threat? Just as we monitor our kids' movement through the physical world, we need to track their activities in the cyber world. This means setting limits on when, where, and how long we allow internet access. We can also set up available controls to prevent access to inappropriate material, and periodically monitor where our child has been in that world.

- Teach Stranger Danger. Everyone online is a stranger unless you know them in real life.
- No chatting. Period. Anyone can pretend to be someone who they are not online.
- Teach your child to never give out personal information such as name, age, address, school, parents' names or phone number.
- Print out one of the internet safety contracts available online and discuss it. Don't assume your child "knows better".
- Know where your child is: you wouldn't let your child roam the streets without knowing where she is, who she is with or when she'll



be home. Why would you allow it online?

- Keep the computer out of the bedroom and never behind closed doors. If your child is online in the living room, she will be less likely to view inappropriate sites or enter a chat room.
- Learn about and use available software:
 - **Blocking software:** blocks access to sites on a list or sites not on a list.
 - **Filtering software:** uses certain keywords to block access sites.
 - **Outgoing Filtering:** blocks your child's ability to share information.
 - **Monitoring and tracking:** allows you to see where your child has been online and how long he has been online. Installing it can help your child stick to the rules, because he won't know if or when you'll check it.

For more information visit the American Academy of Pediatrics site at www.safetynet.aap.org.

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www.cdapeds.com

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9095 N. Hess St, Hayden – 772-8940



55+ Communities

Why they are appealing

By Jill Spiker
Golden Spike Estates

showers instead of tubs... are crucial. A quiet and peaceful location can be the draw where there are rules to protect the community and your residential investment.

As the kids leave the nest, many people seek an active and healthy lifestyle, so amenities in the communities are geared towards that. Amenities will vary greatly from a community park or picnic area to massive clubhouses with exercise facilities, hobby and craft rooms, swimming pools, hot tub, sauna, meeting rooms, billiards, library, media centers, walking trails, tennis courts, golf courses and many other lifestyle related options. Daily calendars of events are common in larger lifestyle communities. Very large developments may even have beauty salons, stores, restaurants and medical professionals.

Consider these things when beginning to research locations and communities:

- What are the neighbors and residents like? Do they live there all year or part time? Do you share common interests? Are they happy with the community?
- What kind of rules or HOAs are there to follow? Are there community fees or dues and what do they cover? How often do they go up?
- What is the developer like? Is the developer present and available? Is the community financially solvent? Who pays for improvements and maintenance?
- Who is the builder of the homes? What kind of track record do they have? Are the homes energy efficient? Who pays for maintenance if in a multiple family dwelling?
- Is the community convenient to general services, doctors, dentists, hospital, groceries, pharmacy, hardware, banks, etc.?

There are many things to consider when making the "big" move. In retrospect, most 55+ seniors report their biggest mistake made in this decision was waiting too long; they wish they would have made the move 5-10 years earlier.

Senior communities are planned developments that offer a variety of amenities and features catering to the needs of residents ages 55+. There is an appeal and need to simplify life by downsizing and eliminating much of the work needed to maintain a larger home and property. Low maintenance yards and easy-care exteriors are important. For some, the biggest issue and draw is safety. Many of these developments are gated or offer security. Residents in the community usually watch out for their neighbors, as well. The social aspect is a big draw. Why not have dozens of friends instead of one or two? "Age in Place Features" are also key; being in a home with no steps, wider doors and halls, low step



Healthcare Fraud

SENIOR MEDICARE PATROL

Retired & Senior Volunteers are helping their friends and neighbors to:

- **PREVENT** Medicare beneficiaries from becoming victims of Medicare fraud, errors, and abuse!

Please contact your local SMP volunteer, and learn how to:

- **PROTECT** yourself from Medicare fraud.
- **DETECT** errors, fraud, & abuse!
- **REPORT** all incidents of error, fraud, and abuse!

Contact Tom Grimm, SMP Coordinator
800-786-5536, or northidahosmp@gmail.com
Would you like to serve as an SMP volunteer?



"This project was supported, in part by grant number 90SP0014/01, from the U.S. Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201, granted to the Idaho Commission on Aging. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy."



Therapeutic Group Home for Adolescent Males Ages 13-18



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Hayden Group Home's focus is to provide
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environment for boys, ages 13 to 18



Sequel- Hayden Group Home
(208) 590-5557. (Cell)
(208) 762-7221 (Group Home Number)

Senior Centers have lots going on!

Community members that are 60 years of age and older have lots of opportunities for great meals and activities through their local community senior centers. Meals are reasonably priced, transportation is available, and a wide variety of activities are scheduled. People of all ages are welcome to visit the centers to participate.

CityLink buses stop near all three centers. www.idahocitylink.com. Local taxis are also available.

Lake City Center

1916 Lakewood Drive,
Coeur d'Alene, ID 83814
(208) 667-4628

Hours: 8 a.m.-4 p.m. Monday-Friday

Activities: \$1 per activity. Choose from billiards, Wii sports, computer room, cribbage, dominoes, bridge, bingo, art, pinochle, canasta, knitting, line dancing, quilting, and more.

Meals on Wheels: Call the center for details.

Lunch: Served M, T, W, F. Must sign in by 11:55 a.m., lunch at noon. Registered seniors 60+ suggested donation of \$4. Others \$7.

Hayden Senior Center

9428 Government Way
Hayden, ID 83835
(208) 762-7052

Hours: 9:30 a.m.-4:30 p.m.

Monday-Thursday

9:30 a.m.-5 p.m. Friday

Activities: Bingo, crafts, Fit and Fall, yoga, pinochle, dominoes, and bridge.

Meals on Wheels: Call the center for details.

Lunch: Served Tuesday and Thursday at noon. Make reservation by calling the center. Registered seniors 60+ suggested donation of \$4. Others \$7.

Transportation: Center will pick you up for some events if you call one day ahead.

Post Falls Senior Center

1215 E. 3rd Ave.
Post Falls, ID 83877
(208) 773-9582

Hours: 8 a.m.-4 p.m. Monday, Wednesday, Friday

Lunch: Served M, W, F. at 11:45 a.m. 60+ suggested donation \$4, others \$8. RSVP to 773-9582.

Activities: Bingo, tai chi, Fit n Fall

Meals on Wheels: Call the center for details.

Fill 'er Up!

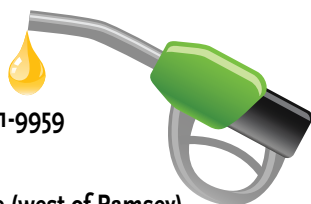
These gas stations offer full-service fill ups to seniors during winter months

Hayden Chevron

U.S. 95 and Honeysuckle Avenue
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Fairway Grocery & Gas

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Mon.-Fri. 10 a.m. to 3 p.m. Phone: 665-1445



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Coeur d'Alene Education Partnership is Making a Difference

local and state level for the best possible education system. It's not a political organization in any way.

The Coeur d'Alene Education Partnership has been incredibly busy this past year with numerous activities including a community-wide survey, focus groups, and a member appreciation event. But one of the most impactful efforts of the organization has been the dramatic increase of volunteers making a difference in our schools.

CEP Volunteer Program Coordinator Katie Kladar launched the volunteer program in 2012 by recruiting businessmen from the Coeur Group to participate in lunch time recess activities at Borah Elementary. The program has been a huge success and now other schools are being added to the program to have their particular needs addressed.

Kladar now has a team of nearly 100 volunteers that are matched with three schools to be playground mentors, reading and math helpers, crosswalk guides, or anything else that is needed.

Kladar provides program coordination, but the volunteer efforts wouldn't be possible unless it was supported by lots of individuals, businesses, and CEOs. Leading the way is Mountain West Bank which has provided paid leave time

for its employees so they can participate. Also participating with volunteers is Community First Bank, St. Pius Catholic Parish, First Presbyterian Church, Windermere Realty, Chi Rho, and Java.

Kladar's "free time" has been filled with meetings, phone calls, emails, interviews, and training to develop the program and try to meet the needs of the schools and students. A mother of five, Kladar recently received the Idaho School Boards Association Citizenship Award, for her tireless and passionate efforts to rally groups of volunteers from businesses and organizations and match them with nearby schools.

The Coeur d'Alene Education Partnership received the Coeur d'Alene Area Chamber of Commerce Education Committee "A+ Award" last fall.

The next upcoming CEP event is the State of the District public forum at the Coeur d'Alene Public Library on Wednesday, Jan. 29. The public is encouraged to attend. Individuals interested in participating in the CEP Volunteer Program can contact Kladar at (208) 640-9882.



Coeur d'Alene Education Partnership
www.cdaep.org

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Lake City Junior Academy

The Lake City Junior Academy family exists to show children Jesus, nurture their love for Him and others, teach them to think, and empower them to serve.

To achieve this goal, we encourage each student to:

- Develop a personal relationship with God and his fellow men as stated in Matthew 2:37-39
- Master the basic academic skills
- Value labor; physical and mental, as the
- Blessing God intended
- Cultivate physical fitness, mental ability, and moral purity as the blessing God intended.

(208) 667-0877

Lake City Junior Academy is operated by the Seventh-day Adventist Church to provide a spiritually oriented education for children.

111 E. Locust Ave., Coeur d'Alene, ID 83814
www.lcja.org

Serious Education for Serious Students

Imagine if the families of Coeur d'Alene had the opportunity to send their children to one of the top schools in the nation! A school where the standards are high, where academics are the emphasis, and where a diploma is a ticket to college success. Imagine if there were such a place, and that it were free!

The Coeur d'Alene Charter Academy is that school. The Academy has been recognized annually by such publications as U.S. News, Newsweek, and BusinessWeek for its outstanding programs and its students' success. The secret formula is a school mission that emphasizes "rigorous, content-rich, college-preparatory education"; in other words, a return to the classical education model that made this country the world's leader.

Since its founding in 1999, the Academy has provided the focused academic setting that allows serious students to thrive. And thrive they do!

As a result of their outstanding academic preparation, Academy graduates boast higher tests scores, gain admission to top universities, and receive impressive scholarship offers. When they arrive at college they have an advantage over their peers having already overcome significant academic challenges.

In terms of well-roundedness, Academy students enjoy the benefit of access to a wide variety of sports, clubs, and activities. Students who want to participate will find an activity to fit their tastes and abilities. Add to this the menu of high-quality arts programs—band, orchestra, drama, choir, and visual arts—and you have a setting that develops the whole student for lifelong learning and success.

No need to imagine a school that accomplishes all of this. That school exists right here, in our own home town. The Coeur d'Alene Charter Academy exists to serve North Idaho families who want the best college preparation available.



Coeur d'Alene Charter Academy
www.cdacharter.org

North Idaho College

THIS IS MY STUDY GROUP

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Quality Child Care in Your Price Range

By Cynthia Taggart
Panhandle Health District

Choosing child care can be daunting. You want the best quality and care for your children, but that care has to fit into your budget.

"Quality child care costs," says Jennifer Ross, Child Care Resource Center (CCRC) coordinator at the Panhandle Health District.

You can have the quality you want within your budget, but you have to work to find it. Write down your price range and priorities. The CCRC keeps a list of all legally operating child care facilities in the five northern counties—about 200. To operate legally, facilities must pass health, safety and fire inspections and staff must know CPR, first aid and have undergone background checks.

Improvements beyond these basics are voluntary.

The CCRC and other parents will help you decide which facilities to check out. Schedule a visit to each site and interview providers. Take a written list of questions to remind you what to ask. A list also enables you to compare answers among facilities.

Observe how staff interacts with children. Do they provide nutritious snacks? Are kids watching TV?

Twelve facilities in northern Idaho have earned a star rating through IdahoSTARS. The voluntary program works to continuously improve skills, practices and facilities. A site can earn one to five stars. Ask providers if they're star rated.

Cost indicates a facility's quality, but the most expensive is not always best.

The CCRC provides checklists for parents searching for child care. Call the CCRC at 415-5146.



Panhandle Health District
phd1.idaho.gov

Nurturing Skills for Families Parenting Classes

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

Do you have a friend or relative that could use a parenting class? Offer to sign up together. Make it fun!

Date: January 7 - March 18, 2014
Time: 5:30- 7:00 pm
Place: Ponderosa Elementary
3483 E Ponderosa Blvd., Post Falls
Cost: \$80

Date: February 26-May 7, 2014
Time: Wednesdays, 5:30-7:00 pm
Place: HELP Center
201 E. Harrison Ave. Coeur d'Alene
Cost: \$80

Date: February 5-April 16, 2014
Time: Wednesdays, 1:00-2:30 PM
Place: Community United Methodist Church
1470 W. Hanley Ave, Coeur d'Alene
Cost: \$80

Date: March 12- June 4, 2014
No class April 2
Time: Wednesdays 6:30-8:00 PM
Place: Twin Lakes Elementary
5326 W. Rice Rd., Rathdrum
Cost: \$80

ICARE is a strengths-based child development and school readiness program. We offer individualized free home visit services in Kootenai and Shoshone Counties, parenting classes and child sexual abuse prevention workshops to families in Kootenai County.

H.E.L.P Center
201 E. Harrison Ave, Coeur d'Alene, ID 83814 • 208.676.1515



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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 traveller 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 traveller



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

"Ahh," the traveller 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 traveller. "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 traveller 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!

Mike Baker, Heritage Health

Just like in the *Story of Stone Soup*, St. Vincent de Paul North Idaho's Annual *Souport the End of Homelessness: Soup-Off Contest* shows the power of working together, with many contributing just a little, to achieve a greater good. The Soup-Off was held on November 21, 2013. Celebrity chefs and waiters served up 32 different soups and earned over \$10,000 to support the Warming Center. These three soup recipes were favorites at the event. It's cold outside. Cook up a pot of soup and enjoy!



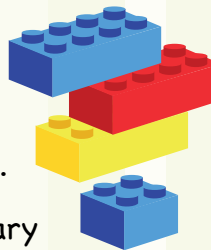


25 Fun Things For Kids To Do

12. Play a board game with your family.
13. Go to downtown Coeur d'Alene and follow the Muddy and Millie Trail. Download a trail map: www.coeurdalene.org/mm/about_trail.html
14. Drink hot chocolate with lots of marshmallows on top.
15. Learn how to sew on a button.
16. Ask mom or dad to help you clean your bedroom. Donate clothes and toys you don't use anymore to an area thrift shop.
17. Eat a grilled cheese sandwich with a bowl of tomato soup.
18. Look at the list of Summer Camps on pages 22-23 and start planning for summer vacation.
19. Watch the 2014 Winter Olympics from February 7-23.
20. Visit the Hayden Library on February 8 at 10:30 a.m. for an Olympic Celebration. (all ages)
21. Make a crown out of a paper plate.
22. Microwave a bar of Ivory™ Soap on high for about 2 minutes to make a big, fluffy cloud. Let it cool before touching. Don't let it go to waste! Use it next time you take a bath or wash your hands.
23. Learn how to bowl at Sunset Bowling in Coeur d'Alene or River City Lanes in Post Falls.
24. Learn a new word and how to spell it everyday. Go to www.wordcentral.com, Merriam-Webster's site for kids.
25. Go outside and play with your friends and pets.



1. Visit Jump For Joy on Dalton Ave. in Coeur d'Alene to bounce away on one of their giant inflatables.
2. Read your favorite book with Grandma or Grandpa.
3. Go ice skating at Frontier Ice Arena on Seltice Ave. in Coeur d'Alene.
4. Take a theater class with the Christian Youth Theater. www.cytnorthidaho.org
5. Ask your friends and family to save all their change for a month then donate it to a local nonprofit.
6. Make Valentines for your loved ones and classmates.
7. Go to the Post Falls Library on a Wednesday from 5-6 p.m. for Build It! Create with Legos, straws & connectors, magna-tiles, 3-D puzzles, marble runs & more! (Grades K-5)
8. Give your mom or dad a hug.
9. Visit the Coeur d'Alene Library on a Thursday from 4-5 p.m. for Lego Club. (ages 5-10)
10. Write a letter to your best friend to tell them how awesome they are.
11. Go outside at night and count the stars. Remember to bundle up!



inspiring youth

At the Boys & Girls Club of Kootenai County, the mission is to enable all young people, especially those who need them most, to reach their full potential as productive, caring, and responsible citizens. Club programs and services promote and enhance the development of boys and girls ages 6-18 by instilling a sense of competence, usefulness, belonging and influence. Their vision is to provide a world-class club experience that ensures success is within reach of every young person who enters the doors.

Membership is open to all youth, ages 6-18, regardless of their area of residence, household income or anything else. The Jordan Johnson Center (Post Falls Site) is currently open Monday-Friday, 2:30-6p.m. All parents/guardians are required to fill out a membership application for each child who wishes to become a member of the Club. Applications for school-year membership are online at www.northidahobgc.org. All parents/guardians must attend an orientation to learn more about the Club and what is expected of members. Orientations can be scheduled by contacting our Director of Operations, Tabitha Kraack, at 208-457-9089 or tkraack@northidahobgc.org.

The nine-week Summer Program is a separate program. Beginning Monday, June 16, the Club will be open Monday-Friday from 9a.m.-5p.m. (with an additional fee-based Breakfast Club program from 7-9a.m.). Applications for the Summer Program will be available online beginning April 7, 2014.



Boys & Girls Club of Kootenai County
www.northidahobgc.org

Spot On Contest



The Spot On Media Contest, coordinated annually by Kootenai Alliance for Children & Families, gives 6th-12th grade students in Kootenai County a chance to share their idea for a positive prevention message that they think needs to be spread in the community. The contest is open for entry the entire month of February.

There are prizes and recognition. But the greatest benefit kids get from entering the contest is knowing their voice is being heard by adults in their community who care about them and value their ideas, opinions and perspectives.

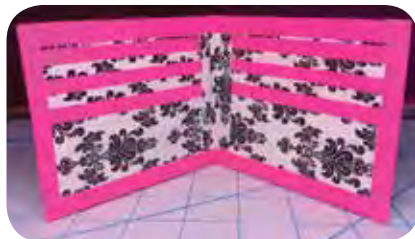
Being selected as the first place winner brings even greater recognition and rewards. The 2013 winning entry resulted in the "Passion: A Better Way to Feel Alive" campaign. Michelle Nolan and Mary Olvera of Lake City HS are letting the community know kids who are involved in a healthy activity they are passionate about are far less likely to be involved in risky behaviors such as substance use, truancy, or other illegal activities.

The Kootenai Alliance feels the contest is grounded in proven research and local data. It is widely understood that people, especially kids, are more likely to change a behavior because they want to be part of something positive than they are because they are afraid of something negative.



Kootenai Alliance for Children & Families
www.kootenaialliance.org

Crafting With Duct Tape



Duct tape is like the Force; it has a light side, a dark side, and it holds the universe together.

Stuck inside on a cold, winter day? Break out the duct tape. With so many colors, prints, and styles available, there are almost endless possibilities for durable creativity.

WikiHow.com provides ample instructions for duct tape crafts, including wallets, bookmarks, bracelets, flowers, and even turtles, flip flops, and top hats!

Everyone can join in the fun, because the duct tape crafts range from very simple (bookmarks) to more elaborate designs.

Here are some instructions for Duct Tape Crafts:

www.wikihow.com/Make-a-Duct-Tape-Bowl

www.wikihow.com/Make-a-Duct-Tape-Wallet

www.wikihow.com/Make-a-Duct-Tape-Book-Mark

Find many more ideas at:

www.wikihow.com/Category:Duct-Tape-Crafts

JUMP FOR JOY

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

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

250 West Dalton Ave., Coeur d'Alene, ID, 83815 | 208-664-5200 | info@jumpforjoycda.com
www.jumpforjoycda.com

Let's Go to Summer Camp!

Residential Camps

Coeur d'Alene Area

Camp Cross

McDonald Point, Lake Coeur d'Alene
Grades 2-12, Adult and Family, May-Oct
Residential Bible. Canoeing, boating, hiking,
Dutch oven cooking.
Cost: \$90-300
www.campcross.org or 208-624-3191

Camp Four Echoes

Lake Coeur d'Alene, Worley
Girls grades 2-12, June-Aug
Girl Scouts. Windsurfing, kayaking, sailing, sports,
cooking, photography, hiking.
Cost: \$150-600. Scholarships available.
www.gsewni.org or 800-827-9478 ext. 227

Camp Lutherhaven

3258 W. Lutherhaven Rd., Coeur d'Alene
Ages 4-18, Family, Special Needs, June-Aug
Residential Bible. High-ropes adventure course,
climbing tower, waterfront.
Cost: \$100-350. Financial assistance,
transportation and scholarships available.
www.lutherhaven.com or 208-667-3459 ext. 13

Camp Mivoden

17415 E. Hayden Lake Rd., Hayden
Ages 8-17 and Family, June-Aug
Seventh-Day Adventist. Wakeboard, swimming,
drama, crafts.
Cost: \$300-340
www.mivoden.com or 208-772-3484

Camp Sweyolakan

Lake Coeur d'Alene
Ages 6-18, June-Aug
Camp Fire USA. Kayaking, outdoor cooking,
sailing, horseback riding, backpacking, hiking,
arts and crafts, rock climbing.
Cost: \$70-845. Financial assistance available.
www.campfireinc.org/swey or 208-747-6191

Kids Camp

Silver Lake Camp, Medical Lake, WA
Grades 3-6, Aug
Real Life Ministries camp.
Cost: \$19
www.reallifeministries.com or 208-777-7325

North Idaho Catholic Youth Camp

Shoshone Base Camp, North Fork, Coeur d'Alene River
Grades 5-12, July
Zip-lining, river tubing, rock climbing, campfires.
Cost: \$225-250. Scholarships available.
www.nicyc.org or 208-771-1915

Ross Point Baptist Camp

Post Falls
Grades K-12, June-July
Softball, swim, bouldering wall, canoeing, crafts,
climbing wall, high ropes course.
Cost: \$175-252
www.rosspoint.org or 208-773-1655

Shoshone Creek Ranch Camp

North Fork, Coeur d'Alene River
Ages 8-18, July-Aug
Residential Bible operated by Lutherhaven.
Horseback riding, swimming, crafts.
Cost: \$336-431
www.lutherhaven.com or 208-667-3459 ext. 13

Twin Lakes Friends Camp

8068 W. Radmer Rd., Rathdrum
Grades 1-12, June-July
Christian-themed residential and day camps.
Cost: \$125-185. Scholarships available.
www.twinlakesfriendscamp.com or 208-687-1026

Twinlow Camp

Rathdrum
Grades 1-12, June-Aug
United Methodist Church Camp. Games,
waterskiing, crafts, swimming, canoeing.
Cost: \$175-424
www.twinlowcamp.org or 208-352-2671

Sandpoint Area

Cocolalla Lake Bible Camp

209 N. Cocolalla Loop Rd., Cocolalla
Ages 9-18 and Family, July-Aug
Swimming, canoeing, paddle boats.
Cost: \$120-170
www.clbcbcamp.org or 208-263-3912

Twin Eagles Summer Camps

Sandpoint
Ages 6-18 and Family, June-July
Day and residential. Nature awareness, animal
tracking, wild edible and medicinal plants.
Cost: \$165-695
www.twineagles.org or 208-265-3685

Schweitzer Summer Camp

Schweitzer Resort, Sandpoint
Ages 6-11, July-Aug
Hiking, crafts, swimming.
Cost: \$160 per week; \$150, season pass holders.
www.schweitzer.com or 877-ITS-IN-ID ext. 2152

Youth Horsemanship Camp

Western Pleasure Guest Ranch, 1413 Upper Gold
Creek, Sandpoint
Ages 10-16, June-Aug
Hands-on experiences with horses.
Cost: starting at \$800. Scholarships available.
www.westernpleasureranch.com or 208-263-9066

Day & Week Camps

Boys and Girls Club

200 W. Mullan Avenue, Post Falls
Ages 6-18, July-Aug
Breakfast Program 7-9am (additional \$5 per day
per child), Regular Program 9am-5pm (lunch and
snacks included).
Cost: \$20 per child, additional fee for day camp.
www.northidahobgc.org or 208-457-9089

Camp Ka-Mee-Lin

Kiwanis Park, Post Falls
City of Post Falls Recreation Department
Ages 5-11, June-Aug
www.postfallsidaho.org or 208-773-0539

Camp Kroc

Salvation Army, Coeur d'Alene Kroc Community
Center
Ages 6-13, June-Aug
Eight different one week programs in both
Discovery Camps and Specialty Skills Camps.
Cost: starting at \$31
www.kroccda.org or 208-763-0618

Church of the Nazarene

4000 N. 4th St., Coeur d'Alene
Ages 8-14, June-Aug
www.cdanaz.org or 208-667-3543

Outbackers Day Camp

Camp Sweyolakan, Lake Coeur d'Alene.
Grades 1-6, July-Aug
Swimming, canoeing, kayaking, Aqua Jump,
outdoor cooking, hiking, archery.
Cost: \$225. Transportation provided.
www.campfireinc.org or 800-386-2324

School PLUS Day Camp/Childcare

Coeur d'Alene School District 271 at selected
elementary schools.
Grades K-6, June-Aug
208-769-0700

Educational Camps

Camp Invention

Sandpoint and Coeur d'Alene
Nonprofit science enrichment camp.
Grades 1-6, June
Cost: \$220
www.campinvention.org or 800-968-4332

NXT Robotics Camp for Kids

North Idaho College
Ages 9-18, June
www.nic.edu or 208-665-4521

Summer Science & Technology Camp

Discover Technology, Hayden
Grades 1-8, June-July
Robotics, physics, adventures
Cost: \$70-200
www.discovertechnology.org or 208-640-9412

Art & Theater Camps

Christian Youth Theater

Coeur d'Alene
Grades 1-12, July-Aug
www.cytnorthidaho.org or 208-765-8600

Coeur d'Alene Arts Commission

Harding Family Center, 411 N. 15th.,
Coeur d'Alene
Ages 5-15, June-July
Drawing, painting, music, kitchen, stage improv,
cultural arts, mixed media, reading.
www.cdaid.org or 208-676-9132

Jacklin Center Drama Workshop

405 N. William St., Post Falls
www.thejacklincenter.org or 208-457-8950

Lake City Playhouse Summer Programs

1320 E. Garden Ave., Coeur d'Alene
www.lakecityplayhouse.com or 208-667-1323

Sandpoint Arts Alliance

Sandpoint Center for the Arts, 518 Oak St.
Ages 6-18
www.sandpointartsalliance.org or 208-265-ARTS

Summer Drama Camp

Coeur d'Alene High School
Ages 6-18, June
www.northidahotheatre.org or 208-769-2999

Sports Camps

Coeur d'Alene Parks and Recreation

www.cdaid.org or 208-769-2252

Hayden Parks and Recreation

www.cityofhaydenid.us or 208-209-1080

North Idaho College

1000 W. Garden Ave., Coeur d'Alene
Grades 3-12, June-Aug
Basketball, soccer, volleyball, wrestling, softball,
baseball, cheerleading, mascot.
www.nic.edu or 208-769-5975

NIC Outdoor Pursuits Youth Adventure Camp

1000 W. Garden Ave., Coeur d'Alene
Ages 12-16, June 23-27
Rock climbing, kayaking, canoeing, white water
rafting, sailing, hiking. Includes equipment and
transportation.
Cost: \$250
www.nic.edu/wft or 208-769-7809

NIC Outdoor Pursuits Youth Sailing Camp

NIC Beach, Lake Coeur d'Alene
Ages 12-16, July 14-18
Learn sailing. Equipment, safety, and terminology
covered.
Cost: \$200
www.nic.edu/wft or 208-769-7809

Post Falls Parks and Recreation

www.postfallsidaho.org or 208-773-0539

Rathdrum Parks and Recreation

www.rathdrum.org or 208-687-2399

Sandpoint Parks and Recreation

www.cityofsandpoint.com or 208-263-3613

Skyhawk Sports Camps

Ramsey Field and Woodland Middle School,
Coeur d'Alene
Thunder Dome, Hayden
Ages 4-12, June-Aug
Basketball, baseball, tennis, soccer, football
Cost: \$55-150
www.skyhawks.com

Special Needs Camps

Camp All Stars

Coeur d'Alene
Specialized Needs Recreation day camps for
developmental disabilities and/or physical,
mental and emotional challenges.
Ages 4-21, June-Aug
www.snr.bz or 208-755-6781

Camp Connect

Panhandle Autism Society day camps
June-Aug
www.facebook.com/panhandle.autism.society
or 208-664-4133

Camp Independence

TESH Inc., 3327 Industrial Loop, Coeur d'Alene
Ages 4-21, June-Aug
For children with special needs. A variety of
activities.
www.teshinc.com or 208-765-5105

Camp No Limits

Camp Cross, Lake Coeur d'Alene
Ages All, July
For children and adults with limb loss. Parent
and child peer support, adapted recreational
activities, prosthetic education.
www.nolimitsfoundation.org/Camp_No_Limits

Camp Sweyolakan



Canoeing, swimming lessons, giant swing, ropes course
with zip line, archery, hiking, outdoor cooking, crafts, camp
fires, s'mores and more! Camps for boys, girls, and families
too! Military discounts and scholarships available.

Find out how you can earn your way to camp!

www.campfireinc.org
1-800-386-2324 X 10



Camp Fire
Light the fire within



Welcome to the Neighborhood

Cindy Spence and Crissy Gilmore created **Warriors Against Cancer (WAC)** in an attempt to ease the financial burden cancer brings to families. Both of their families have gone through cancer and they have seen first hand how difficult it can be to pay bills or even get to a life saving appointment while in the battle for your life. WAC was created with the mission of putting on events in our community that raise money for local hardworking families. The money raised goes directly to families, no middle man... straight into the gas tank, payment for utilities, purchase of medical equipment, or whatever need is greatest.

Events planned for 2014 include Kelly Hughes performing this spring at Fedora, a bowling competition at River City Lanes, a Strictly Business concert, as well as a few other fun events.

Contact Cindy Spence at cindyspence@roadrunner.com or Crissy Gilmore at warriorsagainstcancer@live.com for information, donations or to volunteer.

Newby-ginnings of North Idaho, Inc. was founded by Theresa Hart in memory of her son to help military families in need. SPC Nicholas Newby was killed in action in Iraq on 7-7-11.

Newby-ginnings recently opened a shop at 1380 Biztown Loop in Hayden, just east of Ramsey Rd. on Hayden Ave. They accept all types of donations including household items, furniture, clothing, cold weather gear, etc. Items are provided to active military, veterans and Gold Star families at no cost. Monetary donations are also welcome and can be made to the "Newby-ginnings of North Idaho, Inc. donation account" at any Wells Fargo Bank. Contact Theresa Hart at (208) 660-4601 or newbyginnings4471@gmail.com

Sandra Gunn, owner of the Coeur d'Alene Olive Oil Company, recently opened **The Culinary Stone** in Riverstone with partner, Sandy Volker. The 5,500-square-foot store was originally designed as a Barnes

& Noble outlet. The store is modeled after the charm of an old-world outdoor market. Gunn and Volker hope to make gourmet a part of every day. They carry specialty, hard-to-find foods from around the region and the world, including wine, cheese and artisan cured meats. A large selection of kitchen gadgets and supplies are available and cooking classes are offered. 2129 Main St., Coeur d'Alene. (208) 277-4116 or www.culinarystone.com

WITH Performance opened at 1950 Bellerive Lane, Suite 106A in Coeur d'Alene. WITH was founded by Shawn Burke who has an Associate's of Applied Science Degree, Associate's of Development Degree and Associate's in Physical Therapy Assistant. He has trained Olympic level athletes as well as been a Certified Personal Trainer for world class amateur athletes. He and his staff offer elite, revolutionary one-on-one training for all, anchored by state-of-the-art technology. Their program is a convention-breaking philosophy that transforms thinking and reinvents customized fitness. (208) 660-9378 or www.withperformance.com



Life's never tasted better.

Where gourmet living meets everyday prices.
Discover specialty foods from around the world and the region, outfit your kitchen, and learn how to 'live to eat.'



2129 Main St., Coeur d'Alene Idaho (208) 277-4116
www.culinarystone.com



Waste Management of Idaho offers comprehensive solid waste and recycling services to meet the unique needs of our customers and the communities we serve.

Waste Management of Idaho is the Environmental Solutions Company.
We offer commercial and residential refuse and recycling services.

www.wmnorthwest.com/coeurdalene (208)765-4968



Looking for an **opportunity to volunteer** with a nonprofit organization in 2014? The United Way of Kootenai County's **Volunteer Center** can help you find the perfect match. Visit www.kootenaiunitedway.org/index.php?pr=Volunteer to start your search today.

It's Cookie Season! **Girl Scout**

Cookies will be available for pre sale beginning February 7, 2014. Booth sales begin March 21. Girl Scout Cookies are still just \$4.25 per box in Idaho. www.gsewni.org

Heart disease is the No. 1 killer of women in the United States, claiming more lives than all forms of cancer combined. For 10 years the American Heart Association has sponsored **National Wear Red For Women Day** to raise awareness in the fight against heart disease in women. **Go Red For Women** on February 7, 2014. www.goredforwomen.org

The 2014 **North Idaho Veteran Stand Down** returns to the Kootenai County Fairgrounds on Saturday, May 10 in the Jacklin Building from 8 a.m.-2 p.m. The event provides services to veterans and their families who need assistance with housing, employment, medical, dental, veterinary and clothing just to name a few. Funds raised from the event help provide services for veterans in need throughout the year. The event is sponsored by St. Vincent de Paul, The American Legion Post 143, United Way of Kootenai County, Veteran's Administration and North Idaho Veteran Stand Down Committee. Volunteers may register at www.kootenaiunitedway.org.

Renovation of **Winton Elementary School** begins this summer as part

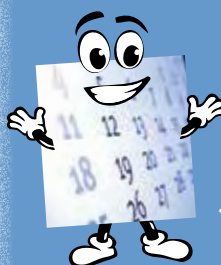
of the final phase of the school district's construction bond approved by voters in August 2012. The project requires Winton students and staff be relocated for the 2014-2015 school year to the Hayden Lake Elementary school building, currently home of the Kinder Center. Next September 2014, kindergarten students from the attendance zones of Atlas, Ramsey and Skyway will have the opportunity to attend their neighborhood schools rather than be bused to the Kinder Center.

ICARE of St. Vincent de Paul is holding **Parenting the Love and Logic Way** classes on February 8 and 15 from 9 a.m.-1 p.m. at Church of the Nazarene in Coeur d'Alene. Learn how to: avoid un-winnable power-struggles and arguments; stay calm when kids do incredibly upsetting things; set enforceable limits; help children learn from mistakes rather than repeating them; and much more! The \$30 fee includes a parent workbook. Register at (208)676-1515

The **Idaho Suicide Prevention Hotline**, 1-800-273-TALK, has expanded its hours on Thursdays and Fridays to take calls until 1am. Idaho has the sixth highest suicide rate in the nation, and suicide is the second leading cause of death for adolescents and young adults in Idaho. The hotline is open Mondays - Wednesdays from 9 a.m. to 9 p.m. and Thursdays and Fridays from 9am to 1am. Trained responders field calls from Idahoans in crisis or suicidal and connect them with key resources in their local communities. The hotline also offers follow-up calls to individuals seeking help.

- Jan 25** *Sixth Annual Wild Salmon Feast*, Family Promise fundraiser www.familypromiseni.org
- Jan 25** *Black & White Ball*, Coeur d'Alene Symphony fundraiser www.cdasympphony.org
- Jan 26** *Bavarian Brews, Brats & Music Fest*, Lookout Pass www.skilookout.com
- Feb 1** *Hospice of North Idaho Wine Taste Fundraiser* www.hospicewinetaste.org
- Feb 7** *Downtown Coeur d'Alene Chocolate Affair* www.cdadowntown.com
- Feb 15** *Hearts for Homes Dinner and Auction*, Habitat for Humanity Fundraiser www.northidahohabitat.org
- Feb 15** *Mardi Gras Festival & Live Music*, Lookout Pass www.skilookout.com
- Feb 15-22** *Sandpoint Winter Carnival* www.sandpointwintercarnival.com
- Feb 19** *Northern Regional Winter Games*, Special Olympics, Silver Mountain www.idso.org
- Mar 1** *Aw\$um Auction*, Coeur d'Alene Chamber Fundraiser www.cdachamber.com
- Mar 1** *Mardi Gras*, Silver Mountain www.silvermt.com
- Mar 1** *Tubin' in Tutus*, Shoshone Pet Rescue Benefit, Silver Mountain www.silvermt.com
- Mar 2** *Race For A Cause*, Lookout Pass fundraiser benefitting 10 charities. sites.google.com/site/racelookoutcom
- Mar 8** *Wine, Stein and Dine*, Post Falls Education Foundation Fundraiser www.pfefwsd.org
- Mar 22** *8th Annual Auction and Soiree*, Sorensen Magnet School of the Arts & Humanities Fundraiser 208-664-2822
- Mar 29** *Winterfest*, Schweitzer Mountain www.schweitzer.com
- Mar 30** *Lookout Beach Party Luau & Big Kahuna Downhill* www.skilookout.com
- Apr 5** *Spring Carnival*, Silver Mountain www.silvermt.com
- Apr 11** *Dinner Theater ACT3*, Children's Village Fundraiser www.thechildrensvillage.org
- Apr 26** *March For Babies*, March of Dimes fundraiser www.marchofdimes.com

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



USE ME!
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North Idaho Charitable Events Calendar

FREE

www.fyinnorthidaho.com | www.nifamily.com



The Pursuit of Joy

The new year rushes in with excitement as resolutions are made, goals are set, and enthusiasm is renewed. However, because we are human, we sometimes bite off more than we can chew. Expectations are not met, life happens, and we get discouraged.

But all is not lost. It's just time to regroup. The following suggestions are ways to thrive in your life right now.

Stop trying to find balance. It doesn't exist. "Balance" in work, life, family, play is an illusion. Striving for it and not attaining it leads to frustration. Stop the insanity and find joy in small, everyday things: a glass of red wine at the end of the day, an hour of Guitar Hero with the family, or a little endorphin-increasing exercise.

Give a compliment. Do you ever see someone wearing a beautiful scarf, providing awesome service, or otherwise catching your attention? Tell them. This is a sure-fire way to see someone's eyes light up. Maybe it's just what they needed. Maybe it's just what you needed.

Be helpful everyday. Actively seek opportunities to help people every day. Open a door, help carry something heavy, stop and ask an overwrought mom with a screaming

child at the store if she is okay and needs any help. Taking the focus off yourself and directing it towards someone who might need it more serves as both a reminder to be thankful for what you do have, and demonstrates compassion for others.

Say No. Don't try to do it all. Let the small stuff slide. Quality is better than quantity most of the time. This is hard sometimes, but be aware of the distinction between "should," "need," and "want." There are certain obligations we need to meet, but many others are self-imposed.

Be thankful. Turn every complaint into a blessing. Some people don't have a house that's messy. Some people don't have a car with a heater that doesn't get very hot. Some people don't have a mom or sisters (or other family members) with whom they can vent, share, or have a laugh.

Practice any or all of the above on a daily basis and you just might find that the resulting moments of joy will yield more peace and happiness than achieving the bigger goals on your cosmic "to do" list.



Mindfulness Increasing Awareness

By Patty Bullick, MSW, LCSW
Riverwood Counseling, LLC

What is Mindfulness? It's a big buzzword these days and going viral in healthcare, schools and psychotherapy due to its effectiveness in the treatment of depression, anxiety, ADHD, stress, chronic pain, PTSD, anger, eating disorders, personality disorders, and conduct disorders. During the last 30 years the clinical application of mindfulness has been studied extensively in healthcare and university settings with great results. The research shows an improvement in executive functioning, social skills, attention, self-esteem, temperament and subjective happiness when practiced daily.

Basically, mindfulness means increasing your awareness of thoughts, emotions, body sensations and sense perceptions so that we can calmly respond appropriately, rather than react negatively, to our inner and outer experiences.

Schools around the world are now successfully incorporating clinically based mindfulness exercises for stress reduction. Behavior, mood and test scores have increased in schools that incorporate mindfulness into their curriculum.

Mindfulness has also been successfully used in medical centers to teach stress reduction and to help patients cope with chronic pain and serious illness. It is one of the main treatments in the VA Medical Center system for PTSD and other mood disorders.

Try this breathing exercise. It is a natural tranquilizer for the nervous system. Take five slow, full mindful breaths while relaxing your muscles on the out breath. Let thoughts come and go.

Resources: www.innerkids.org; www.marc.ucla.edu; www.umassmed.edu/cfm/index.aspx



Riverwood Counseling, LLC
208.765.4795

Relationship Reset Button?

By Stephen Gajewski, MS, JD, LPC, LLC

Don't you wish you had one? Unless your relationship is part of a Disney movie, there will be some ongoing conflict and significant challenges along the way. However, almost all couples have a history of success and happiness that can be revitalized through recommitment, improved communication skills, and working together to navigate inevitable difficulties.

Though all couples are unique in their personalities and chemistry, all relationships face some fairly universal challenges. The honeymoon period gives way to the competing demands and difficulties of life: financial stress, the demands of work, the arrival and raising of children, and diminished quality time together. Conflict and avoidance patterns can emerge and even begin to dominate interactions. The longer this goes on, the greater the suffering and the harder it is to recover. The real cost of our nearly 50% plus divorce rate is severe stress, depression and anxiety, substance abuse, poor health habits, trauma for children, and destruction of assets associated with separation, divorce, and custody battles.

If you see conflict and avoidance patterns emerging, call a time-out together and talk about your areas of pain and concern. Be aware that contempt, ridicule, belittling, and accusation destroys dialogue and relationship building. Couples who learn to include affirmations of love and respect, even during fights, and to make prompt repair attempts are most likely to find constructive compromises and to enjoy cooperative, happy, and durable relationships.

If you need to get some professional help, get it – it's cheap compared to the downside consequences. Your trusted counselor (clergyman, lawyer, or counseling professional) can help put things into perspective and help you shift focus to cooperation, partnership and intimacy. Recapture control of your own destiny together and invest the effort necessary to achieve a happier future and fulfillment for yourselves and your family.

You can create a healthier and happier relationship.



Stephen Gajewski, MS, JD, LPC, LLC
www.sgajewskillc.com



Coping With Pet Loss

People love their pets and consider them members of the family. They celebrate pet birthdays, confide in them, and carry pictures of them in their wallets. So when a beloved pet dies, it's not unusual to feel overwhelmed by the intensity of your sorrow. While some may not understand the depth of feeling you had for your pet, you should never feel guilty or ashamed about grieving for an animal friend.

Understanding grief and finding ways to cope with your loss can bring you closer to the day when memories bring smiles instead of tears.

What is the grief process?

The grief process is individual; lasting days for one person or years for another. It typically begins with denial, which offers protection until one can process their loss.

Some animal owners may try bargaining with a higher power, themselves, or even their pet to restore life. Some feel anger, which may be directed at anyone, including family, friends, and veterinarians. Some may feel guilt about what they did or did not do. And some may feel it is inappropriate for them to be so upset.

As these feelings subside, true sadness or grief may be experienced. They may become withdrawn or depressed. Acceptance occurs when they accept the reality of their loss and remember their animal companion with decreasing sadness.

Coping with grief

While grief is a personal experience, you do not need to face the loss alone. There are many forms of support available, including pet-bereavement counseling services, pet-loss support hotlines, local or online pet-bereavement groups, books, videos, and magazine articles.

Suggestions to help you cope:

- Acknowledge your grief and give yourself permission to express it.
- Reach out to others who can lend a sympathetic ear.
- Write about your feelings.
- Call your local animal shelter or veterinarian about pet-loss support groups or hotlines.
- Prepare a memorial for your pet.
- Volunteer at a local animal shelter.

Helping children cope:

The loss of a pet may be a child's first experience with death. The child may blame himself, his parents, or the veterinarian for not saving the pet. They may feel guilty, depressed, and frightened that other loved ones may be taken away.

Trying to protect your child by saying the pet ran away could cause your child to expect the pet's return and feel betrayed when discovering the truth. Expressing your own grief may reassure your child that sadness is okay and help them work through their feelings.

Helping seniors cope:

The loss of a pet can be particularly hard for seniors. Those who live alone may feel a loss of purpose and immense emptiness. A pet's death might trigger painful memories of other losses and remind them of their own mortality. For these reasons, it's important that senior pet owners take immediate steps to cope with their loss and regain a sense of purpose.

For seniors, the decision to get another pet can be complicated by the possibility that the pet may outlive the caregiver and it also hinges on the person's physical and financial ability to care for a new pet.

Helping other pets:

Surviving pets may whimper, refuse to eat or drink, and suffer lethargy, especially if they had a close bond with the deceased pet. Even if they were not the best of friends, the changing circumstances and your emotional state may distress them.

Give surviving pets lots of love and care, and try to maintain a normal routine. It's good for them and for you.

Getting another pet:

Rushing into this decision is not fair to you or your new pet. Each animal has a unique personality and cannot replace the one you lost. You'll know when the time is right to adopt after giving yourself time to grieve and consider the responsibilities of pet ownership. When you are ready, remember that your local animal shelter is a great place to find your next special friend.

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Child/Youth - Services/Support

1st Judicial CASA Program • 208 4th St. • Coeur d'Alene, ID • 667-9165 • www.northidahocasa.com
 Anchor House • 1609 N. Government Way • Coeur d'Alene, ID • 667-3340 • www.youthranch.org
 Big Brothers/Big Sisters • 222 W. Mission Suite 40 • Spokane, WA • 509-328-8310 • www.nwbigs.org
 Boy Scouts of America • 178 Commerce Dr. • Hayden, ID • 772-2455 • www.scouting.org
 Boys and Girls Club • 200 W. Mullan Ave. • Post Falls, ID • 457-9089, 665-1919 • www.northidahobgc.org
 Camp Fire Inland Northwest • 524 N. Mullan • Spokane, WA • 509-747-6191 • www.campfireinc.org
 Crosswalk North Idaho • 201 E. Harrison Ave. • Coeur d'Alene, ID • 676-0772 • www.voaspokane.org/crosswalknorthidaho
 Excel Foundation • PO Box 2469 • Coeur d'Alene, ID • 699-6963 • www.excelcda.wordpress.com
 Girl Scouts of Eastern WA and North Idaho • 410 E. Sherman Ave., Ste 309 • Coeur d'Alene, ID • 509-747-8091 ext 243 • www.gsewni.org
 Idaho Youth Ranch • 2201 Government Way, Suite J • Coeur d'Alene, ID • 667-1898 • www.youthranch.org
 March of Dimes • 3222 W. Overland Rd. • Boise, ID • 800-336-5421 • www.marchofdimes.com
 Panhandle Alliance of Education • PO Box 1675 • Sandpoint, ID • 263-7040 • www.panhandlealliance.org
 PATH Idaho • 2101 Lakewood Dr., Ste 236 • Coeur d'Alene, ID • 473-2861 • www.pathidaho.org
 Wishing Star Foundation • 139 S. Sherman St. • Spokane, WA • 509-744-3411 • www.wishingstar.org

Civic/Volunteer

Arts & Cultural Alliance • 105 N. 1st • Coeur d'Alene, ID • 292-1629 • www.artsincda.org
 Cancer & Community Charities (3C's) • P.O. Box 1274 • Coeur d'Alene, ID • 667-1479 • www.ccc-northidaho.org
 Coeur d'Alene Firefighters Pipes & Drums • 300 Foster Ave. • Coeur d'Alene, ID • 769-2340 • www.cdaffpd.org
 Habitat for Humanity • 176 W. Wyoming Ave. • Hayden, ID • 762-4663 • www.northidahohabitat.org
 Human Rights Education Institute • 414 Mullan Ave • Coeur d'Alene, ID • 292-2359 • www.hrei.org
 Kootenai County Indicators • 668 N. Riverpoint Blvd. • Spokane, WA • 509-828-1211 • www.kootenaiindicators.org
 Kootenai Democrats • 408 Sherman Ave • Coeur d'Alene, ID • 763-3361 • www.kootenaidemocrats.org
 Kootenai Environmental Alliance • PO Box 1598 • Coeur d'Alene, ID • www.kealliance.org
 Lake City Playhouse • 1320 E. Garden Ave. • Coeur d'Alene, ID • 667-1323 • www.lakecityplayhouse.org
 Panhandle Parks Foundation • 212 Ironwood Drive, Ste D PMB124 • Coeur d'Alene, ID • 651-6271 • panhandleparksfoundation.org
 Youth Volunteers in Action • 6101 Ramsey Ave. • Coeur d'Alene, ID • 769-0769

Crisis Intervention

Child Protective Services • 1120 Ironwood Drive • Coeur d'Alene, ID • 769-1515, after hours 208-769-1543 • www.healthandwelfare.idaho.gov
 Child Protective Services • 207 Larkspur Street • Ponderay, ID • 265-4523, after hours 208-265-4523
 Children's Village Foundation • 1350 W. Hanley Ave. • Coeur d'Alene, ID • 667-1189 • www.thechildrensvillage.org
 ICARE • 201 E. Harrison Ave • Coeur d'Alene, ID • 676-1515 • www.icareforchildren.org
 Kinderhaven, Inc • PO Box 2097 • Sandpoint, ID • 265-2236 • www.kinderhavensandpoint.com
 National Center for Missing and Exploited Children • 800-843-5678
 North Idaho Violence Prevention Center • 850 N. 4th St. • Coeur d'Alene, ID • 664-9303 • www.nivpc.org
 Shoshone Crisis Line • 140 Railroad Ave. • Kellogg • ID • 208-784-1351, 208-769-1405
 Victim Services Unit • 1717 E. Polston Ave. • Post Falls, ID • 773-1080 • www.postfallspolice.com

Education - Adult

North Idaho College • 1000 W. Garden Ave. • Coeur d'Alene, ID • 769-3315 • www.nic.edu
 North Idaho College Workforce Training Center • 525 W. Clearwater Loop, Post Falls • ID • 769-3222 • www.workforcetraining.nic.edu
 University of Idaho • 1031 N. Academic Way, Suite 242 • Coeur d'Alene, ID • 667-2588 • www.uidaho.edu

Education - Child

Christain Center School • 3639 W. Prairie Ave. • Hayden, ID • 772-7451 • www.ccs-id.net
 Circle of Care/Developing Minds • 3755 East Covington • Post Falls, ID • 777-600 • www.FSSOFNI.com
 Coeur d'Alene Charter Academy • 4904 N. Duncan Dr. • Coeur d'Alene, ID • www.cdacharter.org
 Coeur d'Alene School Dist. 271 • 1400 N. Northwood Center Ct. • Coeur d'Alene, ID • www.cdaschools.org
 Education-Plus, Inc • 6389 Tall Pines Rd • Coeur d'Alene, ID • www.educationplushealth.com
 Idaho Distance Education Academy • 761 N. Thornton St., Ste E • Post Falls, ID • 661-5099 • www.idahoidea.org
 Idaho School for the Hearing Impaired • 2101 Lakewood Dr, Ste 224 • Coeur d'Alene, ID • 661-9120 • www.isdb.idaho.gov
 Idaho School for the Vision Impaired • 2101 Lakewood Dr, Ste 224 • Coeur d'Alene, ID • 661-9122 • www.isdb.idaho.gov
 Lake City Jr Academy • 111 E Locust Ave • Coeur d'Alene, ID • 667-0877 •
 Learning Life • PO Box 3582 • Coeur d'Alene, ID • 964-6399 • www.learninglifeco.org
 Mountain States Early Head Start • 411 N. 15th St, Ste 200 • Coeur d'Alene, ID • 765-6955 • www.msehs.org
 North Idaho Association for the Education of Young People • PO Box 262 • Coeur d'Alene, ID • 415-5145 • www.idahoaeys.org

Education - Parent

Parent Project-Kootenai County Diversion Program • 451 Government Way • Coeur d'Alene, ID • 446-1970 • www.parentproject.com

Family Services

Family Promise of North Idaho • 501 E. Wallace Ave. • Coeur d'Alene, ID • 777-4190 • www.familypromiseni.org

Government

2-1-1 Idaho CareLine • PO Box 83720 • Boise, ID • 800-926-2588 • www.idahocareline.org
 Coeur d'Alene Parks Department • 710 E. Mullan Ave. • Coeur d'Alene, ID • 769-2252 • www.cdapidparks.org
 Department of Health and Welfare • 1120 Ironwood Drive • Coeur d'Alene • ID • 2-1-1
 Kootenai County Fairgrounds • 4056 N. Government Way • Coeur d'Alene, ID • 765-4969 • www.northidahofair.com
 Panhandle Area Council • 11100 Airport Drive • Hayden, ID • 772-0584 • www.pacni.org
 Panhandle Health District Skilled Homecare • 8500 N. Atlas Rd. • Coeur d'Alene, ID • 664-8544 • www.phd1.idaho.gov

Healthcare - Dental - Mental - Physical

Heritage Health (formerly Dirne) • 1090 Park Place • Coeur d'Alene, ID • 292-0292 • www.myheritagehealth.org
Kootenai Health • 2003 Kootenai Health Way • Coeur d'Alene, ID • CdA 667-3742, PF 619-4100, SP 263-6763 • www.kootenaihealth.org

Healthcare - Dental

Coeur d'Alene Dental Center • 1322 Kathleen Ave • Coeur d'Alene, ID • 667-7461 • www.cdadentist.com

Healthcare - Mental

ACES Community Services • 1700 Schneidmiller St • Post Falls, ID • 619-0190 • www.aces-id.com
ACES Community Services • 1417 N. 4th St. • Coeur d'Alene, ID • 292-2188 • www.aces-id.com
AJI Counseling LLC • PO Box 103 • Coeur d'Alene, ID • 699-1450
Imagine Behavioral and Developmental Services • 7905 Meadowlark Way, Ste C • Coeur d'Alene, ID • 762-1250 • www.imaginebehavior.com
Northwest Behavioral Health • 1612 N. 3rd St. • Coeur d'Alene, ID • 765-4509 •
Riverwood Counseling • 1686 W. Riverstone Dr. • Coeur d'Alene, ID • 765-4795 • www.riverwoodcounseling.com
Stephen Gajewski, LLC • 2448 Merrit Creek Loop, Ste 4E • Coeur d'Alene, ID • 640-3323 • www.sgajewskillc.com

Healthcare - Physical

After Hours Urgent Care • 1300 E. Mullan Ave. • Post Falls, ID • 777-1157 • www.nifp.com
Bonner Partners in Care Clinic • 1020 Michigan St. • Sandpoint, ID • 255-9099 • www.bonnerpartnersincareclinic.org
Hospice of North Idaho • 9493 N Government Way • Coeur d'Alene, ID • 691-6996 • www.honi.org
Kootenai Urgent Care • 700 Ironwood Dr., Ste 170E • Coeur d'Alene, ID • 667-9110 • www.kootenaiurgentcare.com
Medicine Man Pharmacy • 802 Medical Ct. • Post Falls, ID • PF 773-3567, Hayden 762-9355, CdA 666-2502 • www.medmanpharmacy.com
North Idaho Health Network • 1250 W. Ironwood, Ste 201 • Coeur d'Alene, ID • 666-3212 • www.nihn.net
Rathdrum Clinic • 14775 Kimo Ct. • Rathdrum, ID • 687-5627 • www.rathdrumclinic.com
Shoshone Community Health Clinic • 114 W. Riverside Ave. • Kellogg, ID • 752-4145
Shriner's Hospital for Children • 911 W. 5th Ave. • Spokane, WA • 509-623-0431 • www.shrinershospitalsforchildren.org/spokane
Spoelstra Family Chiropractic • 370 E. Kathleen Ave, Ste 600 • Coeur d'Alene • ID • 667-7434 • www.cdahealth.com

Misc.

Burke's Klein's • 3880 W Riverbend • Post Falls, ID • 664-6433 • www.burkesdr.com
Coeurly Q's Square Dance Club • ID • 208-660-6122 • www.coeurlyqsquaredanceclub.com
Community Library Network • 821 N. Spokane Street • Post Falls, ID • 773-1506 • www.communitylibrary.net
Jacklin Arts & Cultural Center • 405 William St. • Post Falls, ID • 457-8950 • www.thejacklincenter.org
North West Film Institute • PO Box 458 • Sandpoint, ID • 265-1759 • www.northwestfilmstitute.org
The Culinary Stone • 2129 N Main St • Coeur d'Alene, ID • 277-4116
The Salvation Army Ray & Joan Kroc Community Center • 1765 W. Golf Course Rd. • Coeur d'Alene, ID • www.kroccda.org
Treaty Rock Realty, Inc • 112 E Seltice Way • Post Falls, ID • 773-1745 • www.treatyrock.com
WITH Performance • 1950 Bellevue Ln, Ste 106-A • Coeur d'Alene, ID • 660-9378

Pet & Animal Services

Coeur d'Alene Animal Control • 5500 N. Government Way • Coeur d'Alene, ID • 446-1300 • www.kcsheiff.com/animalcontrol.html
Coeur d'Alene Pet Resort • 125 E Hazel Ave • Coeur d'Alene, ID • 667-4606 • www.cdapetresort.com
Help Every Little Paw • 1533 Northwest Blvd. • Coeur d'Alene, ID • 659-6408 • www.helpeverylittlepaw.org
K2 Equestrian Center • 5723 E. Dodd Road • Hayden, ID • 762-9891 • www.k2equestriancenter.com
Kootenai Humane Society • PO Box 1005 • Hayden, ID • 772-4019 • www.kootenaihumanesociety.com
Shoshone Pet Rescue • PO Box 884 • Kellogg, ID • 512-3401 • www.shoshone-pet-rescue.org

Religious/Fraternal

Christian Community Coalition • P.O. Box 2714 • Coeur d'Alene, ID • 966-4078 • kootenaiccc.com
Christian Youth Theater (CYT) North Idaho • PO Box 3250 • Coeur d'Alene, ID • 765-8600 • www.cytnorthidaho.org
Giving Grace International • 1986 W. Hayden Ave. • Hayden, ID • 509-280-7691 • www.gracegivinginternational.org
Idaho Panhandle Kiwanis • 913 Pennsylvania Ave • Coeur d'Alene, ID • 651-3131 • www.panhandlekiwanis.org
Lutherhaven Camp/Ministries • 3258 W. Lutherhaven Rd. • Coeur d'Alene, ID • 667-3459 • www.lutherhaven.com
Prairie Avenue Christian Center • 3639 W. Prairie Ave. • Hayden, ID • 772-7541 • www.pacc-id.net
Real Life Ministries • 1866 Cecil Rd. • Post Falls, ID • 446-2420, 777-7325 • www.reallifeministries.com
St. Pius Catholic Church • 625 E. Haycraft • Coeur d'Alene, ID • 765-5108 • www.stpiuscd.org
Unity Church of North Idaho • 4465 N. 15th St. • Coeur d'Alene, ID • 664-1125 • www.unitycenter.org

Senior Services

Alzheimer's Association • 1042 W. Mill Ave., Ste 205 • Coeur d'Alene, ID • 666-2996 • www.alz.org
Area on Aging Of North Idaho • 2120 Lakewood Dr., Ste B • Coeur d'Alene, ID • 667-3179 x 221 • www.aaani.org
Coeur d'Alene Homes • 624 W. Harrison Ave. • Coeur d'Alene, ID • 664-8119 • www.cdaseniorliving.org
Comfort Keepers • 820 E Best Ave • Coeur d'Alene, ID • 765-9511 • www.comfortkeepers/office-125
Hayden Senior Gems • 9428 N. Government Way • Hayden, ID • 762-7052 • www.haydengems.org
Jewett House • 1501 E. Lakeshore Dr. • Coeur d'Alene, ID • 667-5194 • www.cdavid.org
Kellogg Senior Center • 211 McKinley Ave. • Kellogg, ID • 783-4581
Lake City Center • 1916 Lakewood Dr. • Coeur d'Alene, ID • 667-4628 • www.lakecitycenter.org
North Idaho Home Health • 2028 East Best Ave • Coeur d'Alene, ID • 667-7494 • www.nihomehealth.com
On Site For Seniors • 1052 W. Mill Ave. • Coeur d'Alene, ID • 664-3301 • www.onsite4seniors.org
Sandpoint Senior Center • 820 Main St. • Sandpoint, ID • 263-6860 • www.sandpointseniorcenter.org
Wallace Senior Center • 621 Cedar • Wallace • ID • 208-752-5411

Social Services

ABC Food Bank • 30355 3rd St. • Coeur d'Alene, ID • 683-3244
 Angels Over Sandpoint • PO Box 2369 • Sandpoint, ID • 290-5895 • www.angelsoversandpoint.org
 Calvary Rathdrum Food Bank • 8027 W. Main St. • Rathdrum, ID • 687-3696
 CAP Community Action Partnership Food Bank • 4144 Industrial Ave., Ste E • Coeur d'Alene, ID • 664-8757 • www.cap4action.org
 Catholic Charities of North Idaho • 406 N. 10th St. • Coeur d'Alene, ID • 676-1974 • www.ccidaho.org
 Christmas For All • 201 2nd St. • Coeur d'Alene, ID • www.cdapress.com
 Goodwill Industries • 1212 N. 4th St. • Coeur d'Alene, ID • 664-2552 • www.discovergoodwill.org
 Habitat for Humanity of North Idaho • 176 W. Wyoming Ave. • Hayden, ID • 762-4663 • www.northidahohabitat.org
 Highroad Human Services • 9705 Meadowlark Lane • Coeur d'Alene, ID • 772-3116 • www.highroadhumanservices.com
 Idaho Housing and Finance • 610 W. Hubbard, Ste 219 • Coeur d'Alene, ID • 667-3380 • www.idahohousing.com
 Idaho Youth Ranch Thrift Store • 811 N. 4th St. • Coeur d'Alene, ID • 664-1736
 Lake City Community Church Food Bank • 1707 N. 4th St. • Coeur d'Alene, ID • 676-0632 • www.lakecitycc.org
 Love Pantry • 1700 Pennsylvania Ave. • Coeur d'Alene, ID • 664-9231
 Meals on Wheels • 1916 Lakewood Dr. • Coeur d'Alene, ID • 667-4628
 Money Management International • 2005 Ironwood Pkwy • Coeur d'Alene, ID • www.moneymanagement.org
 Poison Control Center • ID • 800-860-0620 • www.healthandwelfare.idaho.gov
 Post Falls Food Bank • 3255 E. Poleline • Post Falls, ID • 773-0139 • www.postfallsfoodbank.org
 Shepherd's Table • 212 W. Ironwood Dr., Ste D • Coeur d'Alene, ID • 964-4144 • www.shepherdstableinc.org
 Shoshone County Indigent Services • 700 Bank St. • Kellogg, ID • 752-8601 • www.shoshonecounty.org
 Shoshone Veterans Service • 700 Bank St. • Kellogg, ID • 752-8601 • www.shoshonecounty.org
 Spirit Lake Food Bank • 31245 N. 4th St. • Spirit Lake, ID • 623-3107
 St Vincent de Paul • 201 E. Harrison Ave. • Coeur d'Alene, ID • 664-3095 • www.stvincentdepaulcda.org
 United Way of Kootenai County • 501 E. Lakeside Ave., Ste. 3 • Coeur d'Alene, ID • 667-8112 • www.kootenaiunitedway.org

Special Needs

Disability Action Center • 7560 N. Government Way, #1 • Dalton Gardens, ID • 664-9896 • www.dacnw.org
 DS (Down Syndrome) Connections • 3838 W. Prairie Ave. • Hayden, ID • 755-5079 • www.dsconnections.org
 Panhandle 1424 Boyer Ave. • Sandpoint, ID • 263-7022 • www.panhandlespecialneeds.com
 Special Olympics of Idaho • 199 E 52nd, Garden City • ID • 800-915-6510 • www.idso.org
 Specialized Needs Recreation • 3700 N. Government Way, Suite J • Coeur d'Alene, ID • 755-6781 • www.snridaho.org
 TESH, Inc, Bonner County • 804 Airport Way, Ste D • Sandpoint, ID • 263-7755 • www.teshinc.com
 TESH, Inc, CDA • 3808 S. Industrial Ave. • Coeur d'Alene, ID • 765-5105 • www.teshinc.com
 Trinity Group Homes, Inc • PO Box 1861 • Coeur d'Alene, ID • 667-9607 • www.trinitygrouphomes.net

Substance Abuse-Recovery/Prevention

Al-Anon • Coeur d'Alene, ID • 676-0549 • www.al-anon-idaho.org
 Alcoholics Anonymous • 118 N. 7th St., Ste B5 • Coeur d'Alene, ID • 667-4633 • www.aa.org
 Idaho Drug Free Youth • 610 W. Hubbard, Ste 123 • Coeur d'Alene, ID • 664-4339 • www.idahodrugfreeyouth.org
 Idaho Meth Project • PO Box 738 • Boise, ID • 1-888-331-2060 • www.idaho.methproject.org
 STAR Ministries • 474 Cherry Lane • Coeur d'Alene, ID • 634-6475 • www.savingteensatrisk.com

Support Networks/Groups

AMEND Center • 520 Government Way • Coeur d'Alene, ID • 665-2432 • www.amendcenter.com
 American Cancer Society • 920 W. Washington St., Ste 200 • Spokane, WA • 509-242-8306
 American Childhood Cancer Organization Inland Northwest • PO Box 8031 • Spokane, WA • 509-443-4162 • www.acco.org/inlandnw
 American Heart Association • 140 S. Arthur St., Ste 610 • Spokane, WA • 509-536-1500 • www.heart.org
 Bereaved Parents of the USA • Coeur d'Alene, ID • 773-5684 • www.nidbereavedparents.org
 Grandparents Raising Children • 3265 16th Ave. • Post Falls, ID • 777-9851
 Idaho Kinship Project • 3202 Wedgewood Loop • Coeur d'Alene, ID • 769-7096, 665-8975 • www.kootenaialliance.org/subcommittees
 Inland NW SIDS Foundation • PO Box 474 • Rathdrum, ID • 55SIDS • www.inwsids.org
 Lake City Moms' Club • 1470 W. Hanley Ave • Coeur d'Alene, ID • 262-9522 • www.lakecitymomsclub.org
 Mothers Against Drunk Driving (MADD) • PO Box 362 • Hayden, ID • 660-6390 • www.madd.org
 NAMI Far North • PO Box 2415 • Sandpoint, ID • 597-2047 • www.nami.org/sites/namifarnorth
 NAMI National Alliance on Mental Illness • PO Box 1082 • Coeur d'Alene, ID • 691-9674 • www.nami.org
 North Idaho AIDS Coalition • 2201 Government Way, C • Coeur d'Alene, ID • 665-1448 • www.northidahoaidscoalition.org
 Panhandle Autism Society • 411 N. 15th St., Ste 105 • Coeur d'Alene, ID • 755-7647 • panhandleautismsociety.org
 United Cerebral Palsy of Idaho, Inc • 5420 W. Franklin, Ste A • Boise, ID • 888-289-3259 • www.ucpidaho.org

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(208) 777-7732

Hayden

240 W. Hayden Ave.
inside Super 1 Foods
(208) 772-3311

Hayden

8093 Cornerstone Dr.
(208) 762-9355

Coeur d'Alene

305 W. Kathleen Ave.
inside Super 1 Foods
(208) 765-2268

Coeur d'Alene

1114 Ironwood Dr.
(208) 666-2502

Rathdrum

15837 Westwood Dr.
inside Super 1 Foods
(208) 687-5717

Sandpoint

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(208) 597-7466

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Voted Best Thrift Store in 2013 by the North Idaho Business Journal, St Vincent de Paul North Idaho has three thrift stores in North Idaho; Coeur d'Alene, Post Falls and Osburn. 100% of the income from our stores STAYS in our area, not Boise, Spokane or anywhere else. We use those funds to serve our community.

HOUSING

St Vincent de Paul North Idaho has the full continuum of housing: a Women & Children's Emergency Shelter, the only Men's emergency Shelter in North Idaho, transitional Housing for families, veterans, and individuals throughout the five Northern Counties of Idaho. We also have over 300 units of permanent housing that our neighbors people call "home".

SERVING OUR COMMUNITY

For 68 years St Vincent de Paul North Idaho has provided rental assistance, utility assistance, food, clothing, the HELP Center, Warming Center and 82 other services to our community mostly for free. In 2013 1,923 individuals walked through our door of the HELP Center and received 21,373 services.

SPIRITUALITY

St Vincent de Paul North Idaho will never require a religious belief to receive help from. But it is offered if requested. We have the pleasure of working with over 10 area churches to provide service to those who want it. St Vincent de Paul North Idaho is a catholic organization but ecumenical in service.



St. Vincent de Paul H.E.L.P Center
 Art on the Edge
 ICARE
 Child & Adult Care Food Program
 Men's & Women's Emergency Shelters
 Transitional Housing
 Low Income Housing
 Coeur d'Alene Thrift Store
 Post Falls Thrift Store
 Silver Valley Thrift Store
 Veteran Services
 Payee Services
 Job Counseling
 Legal Link
 Fashions for the Future

Parenting Classes
 Housing First
 Emergency Assistance
 Case Management
 Home Visits
 Warming Shelter
 Life Skills Classes
 Homeless Prevention
 Clothing & Gas Assistance
 Warming Center
 Community Dining Hall
 Rent & Utility assistance
 Harger House
 Career Counseling & Resume Bldg
 Angel Arms

"It's What We Do"

