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2014

# NORTH IDAHO FAMILY

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## **INSIDE:**

**Fall Festivals**

**Pre-K - Career  
Education Information Center**

**Suicide Prevention**

**25 Fun things to do with Kids**



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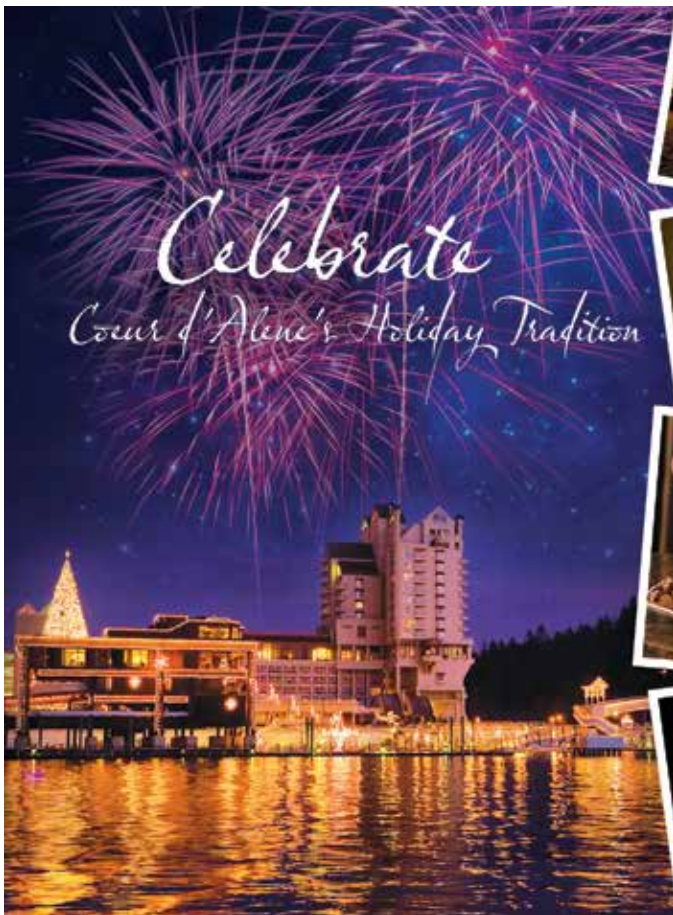
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## ACKNOWLEDGEMENTS:

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# Welcome!

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](http://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 for organizations that support healthy families, and
- Connections through social media.

The North Idaho Family Group, a nonprofit marketing and communications coalition, continues to support area nonprofits and fulfill the important mission of building healthy families and lifelong learning in our community.

The Family Group now provides:

- An annual nonprofit service directory. See pages 28-30 for more information.
- Resources for event marketing and communications.
- Expansion of the lifelong learning mission. See pages 4-5 for an update on the Pre-K through Career Education Information Center.
- Partnerships with U of I for Nonprofit Leadership Certification and Continuing Education Units. See page 13 for this year's scholarship recipients.
- An ongoing, in-depth local look at what's important to families through the North Idaho Family Magazine.

Enjoy this issue and stay connected with us by subscribing by mail. See page 11 for information or follow us on Facebook:

[www.facebook.com/NorthIdahoFamilyMagazine](http://www.facebook.com/NorthIdahoFamilyMagazine)

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A comprehensive central location for information about Pre-K through career education choices in North Idaho



### Education Opportunities

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### 25 Fun Things to do with Kids

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# Ensure your child is **READY!** for Kindergarten



Ready! for Kindergarten is a quality informational training program FREE for North Idaho residents. The program informs parents and caregivers to prepare children for a happy and successful school experience by focusing on language and literacy.



Classes will be available for parents of children 0-5 years and are being held in several communities across Kootenai County.

Free child care is provided on site and families leave each class with educational tools and activities to help ensure the little family member is ready for the years ahead.

For more information or to register, visit [KootenaiUnitedWay.org](http://KootenaiUnitedWay.org) or call ICARE at 208-676-1515.

made possible by a generous donation from



# Sneak Preview of the Education Information Center Website

The North Idaho Family Group, Inc., a local nonprofit focused on developing healthy families and lifelong learning, is launching a new, comprehensive Education Information Center website that will include information about education opportunities from pre-kindergarten through career.

The North Idaho Family Group will collaborate with regional education entities to provide the information so that the community has a 24/7 one-stop shop that will allow access to all education resources including (but not limited to) preschools, religious schools, technical professional training programs, higher education, how to pay for college, workforce education certification, enrichment classes, and online degree courses.

The Education Information Center is being funded initially by its Visionary Partners Program, currently including Knudtsen Chevrolet and Waste Management, Inc. One additional Visionary Partner Program opportunity is available.

For more information, North Idaho Family Group 208-667-2314.

Coming 2015

## Education Information Center Pre-K through Career

Comprehensive Education Information Resource Portal  
North Idaho Region

Home	Pre-K	Elementary	Middle/Junior High	High School	Higher Education	Continuing & Adult Education	Pay for College	Resources
<div>START HERE!</div> I am looking for information about <div>DRAFT</div>								
PRESCHOOL & DAYCARE			K-8			HIGH SCHOOL		
<ul style="list-style-type: none"> <li>Local &amp; State Licensing Requirements</li> <li>Is my child ready for Kindergarten?</li> </ul>			<ul style="list-style-type: none"> <li>Public</li> <li>Private</li> <li>Alternative</li> <li>Online</li> </ul>			<ul style="list-style-type: none"> <li>Dual Enrollment</li> <li>Advanced Placement</li> <li>SAT/ACT</li> <li>Paying for College</li> <li>GED</li> </ul>		
HIGHER EDUCATION			CONTINUING ED			PAY FOR COLLEGE		
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### Stay Informed!

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### Recent News

Avista partners with NIC on Tech Scholarships

### Pay for College

Scholarship Boot Camp  
Find local Scholarships  
State & National Scholarships  
Applying for Financial Aid  
Pell Grants  
About Student Loans

### Most Popular Resources

Glossary of Terms  
North Idaho School Districts  
Career Counseling Sites  
Tutoring & Homework Help  
Research School Performance  
Idaho Home School Standards



## Adult education program gives local family new hope

Megan Pahl didn't finish high school. Her family moved a lot while she was growing up, so she was unable to attend school regularly. As soon as she was old enough to work, she got a job to help her family. Ultimately, she left school with a ninth-grade education.

Pahl is the mother of five children. Because her husband is disabled, her family relies solely on her income from her job as a certified nursing assistant. She's been a CNA for 17 years, but now she hopes to become a nurse practitioner.

"Nursing is my calling," Pahl said. "I'd like to take it further, but I need my GED to get into college classes."

She's making it happen, with the help of the Adult Basic Education (ABE) program at North Idaho College. ABE is a program that provides basic skill instruction to adults who fall below a 12th-grade level in reading, writing, or math. The program is available in Bonners Ferry, Coeur d'Alene, Sandpoint, Silver Valley, and St. Maries. GED testing is currently available in Coeur d'Alene and is expected to be available at the NIC Bonners Ferry Center in October.

The classes are free and most instructional materials such as textbooks, are provided. Instruction is offered Monday through Thursday, mornings, afternoons, and evenings.

ABE is more than just instruction: it's also mentoring, advising, and support. Students meet with a staff member who places them in classes based on an assessment and the students' goals. Every eight weeks, staff members meet with students to discuss their progress. Volunteer tutors are also available to help and students are welcome to retake any class if they feel they need more preparation.

"We get students of all ranges," said instructor Ramona Osborn, who primarily teaches math and science. "I've had basically third-grade level to high school-level students, and my goal is to get them all the way to college and career readiness."

Current college students who are struggling in math and English classes are also seeking help from the ABE program.

"It's been proven that our students do better not only on the GED test, but also future college courses once they come through our program," Bruner said.

With the support of her husband and the ABE instructors, Pahl has completed three of the four sections of the GED test so far, all while balancing classes with her job and caring for her family, which includes homeschooling her five children. Pahl's not just doing this for herself. She's doing it for her family.



*Megan Pahl, right, starts her new career path by retracing old steps and completing her GED. She is pictured being tutored recently by NIC ABE Advisor Marty Bruner.*



**Adult Basic Education (ABE)**  
www.nic.edu/adulteducation  
(208) 665-5099

## Back to school even for the littlest kids

There's no need for the little ones to feel left out while their big brothers and sisters go to school. They can take their own free "classes" at the library! The children's librarians in the Community Library Network have fun programs lined up for parents and newborns to children age five at seven library locations.



Older kids will find lots of after-school activities at the library beginning September.

15. Kids in grades 3-6 will have a blast at KaBoom! which is offered every first and third Mondays of the month from 4-5 p.m. at the Hayden Library. Mr. Nick guides participants through hands-on activities with demonstrations to teach STEAM (Science, Technology, Engineering, Art, and Math) principles in an engaging way.

Ka-Boom! is also held at the Athol and Spirit Lake libraries. Athol is the second Tuesday and Spirit Lake is the third Tuesday of each month. Both programs start at 3:15 p.m. Build-It! is back at the Post Falls Library every Thursday from 4-5 p.m. Students in grade K-5 can build and create with LEGOs, Straws & Connectors, Magna-Tiles, 3-D Puzzles, Marble Runs, and more. Board games, cards games, and snacks are also available.

While at the library, be sure and get a card for every family member. September is National Library Card Sign Up month. Just like library programs, the cards are free. The Community Library Network has locations in Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, and Spirit Lake.



**CommunityLibrary.Net**

Karen Yother 772-5612 x121

Anne Abrams 773-1506 x323

## Lakeland High School forms new Key Club

Lakeland High School will have a new Key Club this fall thanks to the work of senior Garrett Johnson, several other Lakeland students, the Idaho Panhandle Kiwanis, and other high school Key Club officers. With the help of Jaycee Rade, the lieutenant governor of the Pacific Northwest District of Key Club International, Idaho Panhandle Kiwanis member Dave Kilburg, and several others, students at Lakeland can now participate in this international student-led organization.



The new Lakeland Key Club has the following offers: Garrett Johnson, president; Crimson Ferris, vice president; Kathleen Olson and Linda Myers, secretaries; Amanda Gravelle, treasurer; and Maggie Malloy, bulletin editor. The club participated in a fund raiser this summer setting up flags in the community for the Fourth of July.



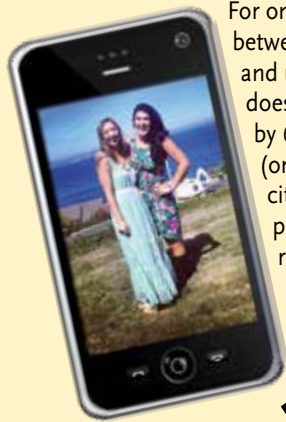
**Panhandle Kiwanis Club**  
www.panhandlekiwanis.org





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For only \$2.99 each month, you simply choose between 40 and 100 of your favorite pictures and upload them to GrooveBook. GrooveBook does the rest of the work to create a 4.5 inch by 6.5 inch photo book that is shipped to you (or grandma, or your best friend in another city). Each photo is printed on glossy photo paper and perforated to make it easy for removal if desired.



For more information visit [groovebook.com](http://groovebook.com) or download the App from iTunes or Google Play.

## 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
- 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](http://www.lcja.org)



## NORTH IDAHO HIGHER EDUCATION

### FIVE COLLEGES, ONE LOCATION

North Idaho residents have more educational opportunities than ever, with options to complete a PhD without leaving the Coeur d'Alene area. Boise State University, Idaho State University, Lewis-Clark State College, North Idaho College, and the University of Idaho all offer academic and professional-technical programs in Coeur d'Alene.

"Community members benefit from finding the answer in one location," said Sara Schmelzer of North Idaho College.

If a student wants to pursue a career as a social worker they can complete an associate's degree at North Idaho College, a bachelor's degree at Lewis-Clark State College, and a master's degree at Boise State University. Or someone interested in environmental science could start out at North Idaho College and then complete a bachelor's degree through the University of Idaho.

"We all benefit from the collaboration," explained Justene Garner, from Lewis-Clark State College. "If one of our individual institutions can't attend an event, we are confident that our programs will be represented by others in the group."



**North Idaho Higher Education**  
[www.northidahohighereducation.org](http://www.northidahohighereducation.org)



## North Idaho College

# THIS IS MY STUDY GROUP

*High school and college credit at the same time.*

**Start here... Go anywhere!**

## North Idaho College Head Start



**For children ages 3 or 4 before Sept. 1**  
**Now accepting applications**  
**8 Head Start centers in North Idaho**  
**208-666-6755**  
**\* Free program for income eligible families**

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# Kootenai County Higher Education Directory

## LOTS OF COLLEGE CHOICES AVAILABLE IN COEUR D'ALENE

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

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

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

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

## WHERE ARE THE COLLEGES LOCATED?

The five colleges are located on what's called the Education Corridor. It's the area that's between downtown Coeur d'Alene and Riverstone, just off of Northwest Boulevard, and next to Lake Coeur d'Alene and the Spokane River. If you haven't been there, it's a great place to take your family for a walk!

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

The best place for detailed information is the website for each school. Plan to take at least an hour to dive deep into each website to see exactly what programs are offered and what services are available for students.



## HOW TO GET STARTED

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

1. Idaho colleges operate on a semester system. In general that means one semester begins in August and the other in January. Most colleges also offer a compressed summer session.
2. Visit each school's website for detailed information about their programs and how to enroll. Look for a link that's called Admissions or New Students.
3. Every school has an admissions application. Completing it and submitting it are the very first steps to enrolling.
4. Follow the directions carefully. There are lots of deadlines and important dates. The earlier you start the process, the more time you'll have to make sure everything is complete and ready to go. It's not unusual to begin the process at least six months before you plan to attend.
5. Each school is different, but most schools require your high school transcript, GED transcript, or college transcript if you're transferring from another school. Enrollment can't happen until those documents are received.

## FINANCIAL AID AND SCHOLARSHIPS

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

1. Visit your college website and search for scholarship opportunities. Every college has scholarship money available. You'll also find lots of information and links on their website to great resources to help pay for college.
2. Idaho high school students can now access a new program called Fast Forward that helps pay for college tuition for dual credit classes or exams. Juniors are eligible for \$200 a year and seniors up to \$400 a year. More information is available at [www.fastforwardidaho.com](http://www.fastforwardidaho.com).
3. Complete and submit the Free Application for Federal Student Aid or FAFSA. It's the federal government program for financial aid and student loans. Each college can help you learn about the financial aid process and there's lots of information online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).



## A FEW MORE THINGS!

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



## Earn High School & College Credit at the same time!

**Dual Credit:** Eligible high school students may earn college credits while satisfying high school graduation requirements by enrolling in a dual credit program. Local options include earning credits through North Idaho College or the College of Southern Idaho. Classes for NIC credit are taught at the NIC campus as well as at the Coeur d'Alene Charter Academy, KTEC, and Coeur d'Alene, Post Falls, Lake City, Lakeland, and Timberlake High Schools. Classes for dual credit are \$65 per credit.

[www.nic.edu/dualcredit](http://www.nic.edu/dualcredit)

(208) 769-3321

**Tech Prep:** Tech Prep provides high school students an opportunity to get an early start on a college technical program. High school juniors or seniors may enroll in approved Tech Prep courses taught by instructors at their high schools. Students can earn North Idaho College credits in a technical program and move from high school to NIC without having to repeat technical courses.

[techprep@nic.edu](mailto:techprep@nic.edu)

(208) 769-5964

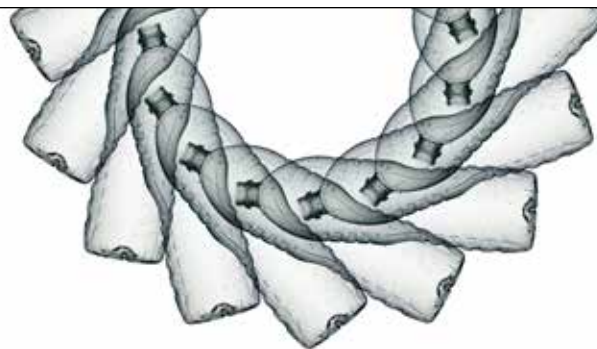
**Advanced Placement:** AP is a program created by the College Board that offers college-level courses to high school students. Colleges may grant placement and course credit to students who obtain certain scores on an AP exam. For a high school course to have the AP designation, the course must be audited by the College Board to be sure it satisfies the AP curriculum.

## Part 3 coming soon...

### THE EDUCATION SERIES CONTINUES

Part 3 in our Education Series will explore regional opportunities for technical training, trade schools, licenses & certifications, professional development, personal enrichment, and other continuing education options.

Watch for it in the January 2015 issue of the North Idaho Family Magazine. For more information, visit [www.nifamily.com](http://www.nifamily.com).



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How long does a tater live? Hard to say, but this Tater is savoring every moment to make the most of his days above ground. The fun-loving mascot for [fyinorthidaho.com](http://fyinorthidaho.com), SpekTater™ will continue a year long trek to complete his bucket list. As the official mascot and representative for FYI North Idaho, a regional tourism website and magazine, SpekTater™ invites the community to join him virtually as he completes his large list of adventures. SpekTater™ will be sharing his exciting travels through posts, photos, and videos to Facebook and the [fyinorthidaho.com](http://fyinorthidaho.com) website. High impact videos will be produced by Caden Butera Productions.

"SpekTater™ has thousands of followers on social media," said coworker Evelyn Howe. "This is an exciting opportunity for Spek to share his real life experiences while exploring North Idaho's world class recreation opportunities. The creative team behind the videos will leave viewers informed, entertained, and excited to visit the communities on SpekTater's bucket list."

"I've had a terrific time so far," SpekTater™ said. "Next up is a zip line trip and some great winter activities. So remember, I've got my eyes peeled for fun and you keep your eyes on me!"



SpekTater™  
[www.fyinorthidaho.com](http://www.fyinorthidaho.com)

*New expanded*

## Services Directory will launch in January

Furthering its mission to promote healthy families and lifelong learning, the marketing and communications coalition North Idaho Family Group announced that it will release an annual Nonprofit Services Directory by January 2015.

Vision 2030, the City of Coeur d'Alene's visioning project, identified the North Idaho Family Magazine and United Way as lead partners in creating a comprehensive list of area services. A memorandum of understanding has been signed by the two lead entities to complete the project.

"Our mission is to support all nonprofits in Region 1," said North Idaho Family Group Executive Director Shelly Zollman. "The service directory will allow members of the organization to have access to all kinds of valuable data on area agencies."

The directory is intended to prevent duplication of services and foster collaboration. It will have an

"immediate needs" section which will be a stand alone publication that will be updated regularly and easily printed. It will also be available online for easy access by service providers who need current and quick access to emergency or social service assistance. Organized by categories, the directory will include area nonprofits, government, and private social service entities. A condensed version of the directory will appear in each edition of the North Idaho Family Magazine. The service directory will also be a valuable resource to grantors and other funding entities.

"It will be a valuable tool to aid funders in creating joint projects to support strong and well vetted organizations," said Zollman.



*"United Way of Kootenai County believes communities can only thrive if individuals have the resources they need. This resource directory will make that connection and illustrate the incredible assets available to people in North Idaho."*

Mark Tucker  
Executive Director  
United Way of  
Kootenai County







**North Idaho  
FAMILY GROUP**  
a communications & marketing coalition

# Join today!

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

We provide a vehicle and forum to enhance nonprofit organization communication and community education which results in better collaboration, less duplication of services and events, and decreased promotion costs.

## For your \$100 Annual Investment you will receive:

- A 250-word article in one issue and possibly all issues if space allows. (Preference for articles is always given to Members)
- One \$150 gift certificate toward an ad of your choice in one issue during your first member year.
- Voucher towards one class provided by the University of Idaho's Professional Nonprofit Leadership Certification Program (\$55 value)
- Service Directory listing in magazine, directory and a link on [www.nifamily.com](http://www.nifamily.com).

## How to Join:

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

## What We Do...

### annual services directory

The most current and comprehensive list of services for referrals and community education for agency use, service providers and the general public.

### education information center

- Pre-K through Career
- 24/7 "one stop shop" with access to all regional education resources

### communication & marketing coalition

- Marketing and communications services by member vendors
- \* InterAgency Communication support via The "Driscoll List"

### north idaho family magazine

Now in its 16th year, the **North Idaho Family Magazine** reaches targeted individuals and families needing services better than any other media.

### non profit education

- Partnership with University of Idaho's Professional Nonprofit Certification Program
- \* Forums & workshops on topics that are important to our area nonprofits

### solution series

A forum in which to identify and solve issues that affect our community.

### NICE calendar

The North Idaho Charitable Events calendar is a regionally promoted, comprehensive, free listing source for all fundraising events.





## Better coordination of services provided through United Way

United Way started 127 years ago when a group of philanthropists got together in Denver, Colorado to simplify the process of charities fundraising at the same time. What followed was the creation of a movement that would spread around the world known as United Way. The founders recognized the need for cooperative action to raise funds for their city's welfare problems. Today, United Way is still focused on mobilizing the caring power of communities and making a difference in people's lives.

United Way of Kootenai County knows the best way to make an impact in people's lives is not by simply raising and distributing funds. It's by bringing the community together to first assess and understand the needs and then work with agency partners to develop long term solutions.

The first step in this process is good communication.

"If we all share our successes and challenges, we will learn from each other's experiences," said Mark Tucker, Executive Director for United Way of Kootenai County. "The more we know about each other and our aspirations, the greater chance of finding a helping hand or the opportunity to help one another. Sometimes, even the simplest piece of information can be a turning point for success."

The second step is the ability to listen to the whole community and United Way's funded agencies. This allows stakeholders to thoughtfully evaluate what should be developed across all sectors. Evaluations are currently under way in the community through Vision 2030 and Kootenai County Indicators. The website [www.kootenaicountyindicators.ewu.edu](http://www.kootenaicountyindicators.ewu.edu) helps to create a healthy, vibrant community by making local data available to residents in areas such as the economy, education, health, and the environment.

"The more I meet with people, the more I realize the community has strong networks and collaborations," said Tucker. "These community partnerships are a great resource for agencies and individuals all across Kootenai County."

The final step is to engage the community. Our message of LIVE UNITED is based on the call to GIVE, ADVOCATE, or VOLUNTEER. There are many opportunities throughout the year to donate, speak up, and give your time to the community.



**United Way**  
www.KootenaiUnitedWay.org  
(208) 667-8112



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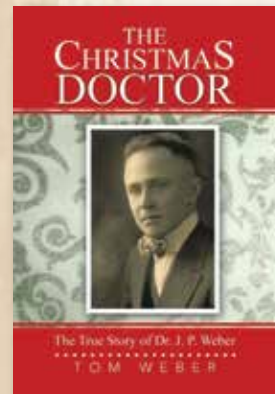
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24 HOURS A DAY RESPONSE TIMES UNDER 1 HOUR



## Local author spotlight

Highlights about local authors may help aspiring authors pursue their passion for writing.



*"As I began to earnestly research my father's life and caught a glimpse of his enormous achievement, I sensed my unworthiness to search further," said Weber. "I was treading on holy ground. It was like entering a sacred shrine and involuntarily dropping to one's knees in awe. Still, I determined to stay the course despite my weakness since no one else was likely to ever do so."*

Author Tom Weber was born in 1946 in Boise, Idaho. He received a bachelor's degree in political science from Brigham Young University in 1970 and a juris doctorate degree from the University of Utah in 1973. He has worked for several governmental agencies including the Utah State Insurance Fund and the U.S. Tariff Commission. While growing up in southern Idaho, Weber accompanied his father on many house calls. He currently lives in Salt Lake City.

For more information, contact Tom Weber at [tomweber7@yahoo.com](mailto:tomweber7@yahoo.com).

*The Christmas Doctor: The True Story of Dr. J. P. Weber* is available at Amazon.com

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# Idaho Panhandle Nonprofit Leadership Retreat

*The Sandpoint Nonprofit Leadership Council used the day to honor Bob Driscoll for his outstanding work in supporting nonprofit organizations throughout the Idaho Panhandle.*



The University of Idaho College of Letters, Arts, and Social Sciences introduced the first Idaho Panhandle Nonprofit Leadership Retreat this summer in Sandpoint. The event was associated with U of I's Professional Nonprofit Leadership Certificate Program which offers community-based, professionally designed nonprofit classes to meet the unmet training needs of nonprofit organizations throughout Idaho's Panhandle.

"What an amazing event" was heard over and over throughout the day. Over 100 guests representing staff, board members, class instructors, business

leaders and owners, officials from the University of Idaho, foundation directors, and administrators started the day under a large tent at Sandpoint City Beach curious and excited about what the day would include. Four primary areas of focus drove the programming: high-quality classes led by top notch instructors, networking opportunities through outdoor recreational activities, health care opportunities designed to support the specific needs of those who work in the nonprofit sector, and a strategy to support economic growth in the community.

The retreat served as part of the graduation process for the first students enrolled in the Professional Nonprofit Leadership Certificate Program.

Classes at the retreat included a Funders Forum; Leadership Mastery, Strategic Planning with Organizational Assessment, Learning to Work Together, Vision and Leadership, Dealing with Stress and Burnout, and High Impact Volunteerism. North Idaho College President Joe Dunlap was the keynote speaker.

Outdoor activities were integrated into the day's schedule to maximize fun and encourage relationship building, leading to sharing of ideas and resources, and hopefully collaborations, partnerships, and joint ventures. Boat rides on Lake Pend Orielle, volleyball, yoga, and massage therapy were offered by volunteer Sandpoint residents.

The Idaho Panhandle Nonprofit Leadership Retreat was an opportunity for nonprofits to increase their skill level, network, and learn self-care techniques while earning hours towards the Professional Nonprofit Leadership Certificate Program.

**The North Idaho Family Group provided scholarships to Jennifer Ramb and LaTanya Gardom from the North Idaho Violence Prevention Center to attend the event.**





Our Community

## AT A GLANCE

**WELCOME NEW MEMBERS****United Way of Kootenai County**

Whose mission envisions a community that works together to ensure children succeed in school, individuals live healthy lives, and everyone has the opportunity to achieve financial well-being.

**Heritage Health**

Heritage Health is a community governed nonprofit, comprehensive health care organization for all residents of Coeur d'Alene and the surrounding communities. They are committed to providing the highest quality, culturally sensitive, coordinated health care and social services to every patient, regardless of their ability to pay.

**Inland Northwest SIDS Foundation**

Founded in 2012, The Inland Northwest SIDS Foundation is dedicated to educating the public on safe sleep practices for infants, bringing awareness to SIDS/SUID and providing grief support to those who have experienced a SUID/SIDS loss.

**Kootenai Health Senior Daycare Program**

The Senior Care Program is a community-based program to provide for the special needs of senior citizens and the respite needs of families and caregivers. The program features activities specifically

designed to address the special needs and interests of participants and helps them remain active by promoting independence while reducing social isolation and providing a safe, loving environment.

**North Idaho Higher Education**

NIHE consists of five Idaho public colleges and universities, working together to provide a wide range of educational choices to help students develop the career that's right for them.

**UPDATES****Mark Tucker joins United Way of Kootenai County as new Executive Director**

With more than 20 years nonprofit experience from events to associations and foundations, Mark comes from United Way of Weld County in Colorado.

**North Idaho Violence Prevention Center (NIVPC) welcomes a new Executive Director**

Katie Coker comes to NIVPC with a long history in the nonprofit world, most recently as the Director of Grants and Contracts for the YWCA and formerly the Executive Director of the Spokane AIDS Network. Katie offers her broad nonprofit management skills, rich community development talents, and valuable strategic planning expertise.

**Tesh, Inc. Names Frances Huffman as Chief Executive Officer**

Frances Huffman is the former Director of Special Services for Coeur d'Alene School District and will focus on continued program quality and enhance resource development efforts.

*Another Great***Kids Day in the Park**

North Idaho Family Group joined over 20 area nonprofits for the 23rd Annual Kids Day at the Park on July 11.

Kids' activities and exhibits included a bounce house, crafts, Muddy Moose & Smokey Bear, and were hosted by the North Idaho Association for Education of Young Children and the Coeur d'Alene Childcare Commission. The Kiwanis Club of Coeur d'Alene helps fund the annual event.

The goal of the event is to inform families about the different services and educational opportunities available to them in North Idaho. Participants included iCare, Safe Kids, the NIC Children's Center, Campfire Inland Northwest, Inland NW Sids Foundation, and Mountain States Early Head Start. Barbi Harrison, treasurer of NIAEYC and 2014's event chair, said that she hopes even more organizations participate in the event next year.

As it fits with their mission to "promote healthy families and lifelong learning in the communities of North Idaho," the North Idaho Family Group looks forward to helping NIAEYC promote and participate in their July 2015 event.

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# Coeur d'Alene Resort selected as great place to stay with pets

The Coeur d'Alene Resort recently announced that it has been selected as a featured property in BringFido.com's new book Ruff Guide to the United States. Published by Kendall Media, Inc., the book highlights 365 of the best places to stay with canine companions in all 50 states.

"As more and more of our guests choose to travel with their pets, The Coeur d'Alene Resort is honored to welcome them," said Bill Reagan, general manager of The Resort. "We have welcomed literally thousands of dogs and their owners to The Coeur d'Alene Resort over the years and it is wonderful to be recognized as one of the best places in the country for visitors to stay and play with their dogs. Upon departure, special steps are taken to clean the room to assure even those with pet allergies will not be affected by the pets who stayed in the room before them."

Editors of BringFido.com traveled coast to coast in search of America's most unique, pet-friendly experiences and polled thousands of dog owners about their favorite places to bring their dogs. The book is an assortment of the best pet-friendly hotels and attractions across the nation.



## Dog Park results

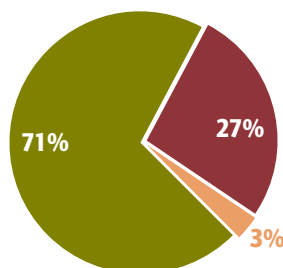
# Coeur d'Alene CityPoll

City of Coeur d'Alene residents will be invited each month to participate in an online survey to get their feedback about city issues. Topics will be revealed each month on the city's utility bill. This pilot program was designed to reach citizens of Coeur d'Alene with a quick and easy method of giving city leaders and staff guidance on services important to them. It was developed as an enhancement to current communication tools and launched in August of 2014.

[www.cdaid.org/citypoll](http://www.cdaid.org/citypoll)

The first survey question was *Do you think Coeur d'Alene needs more dog parks?*

■ Yes ■ No ■ Undecided

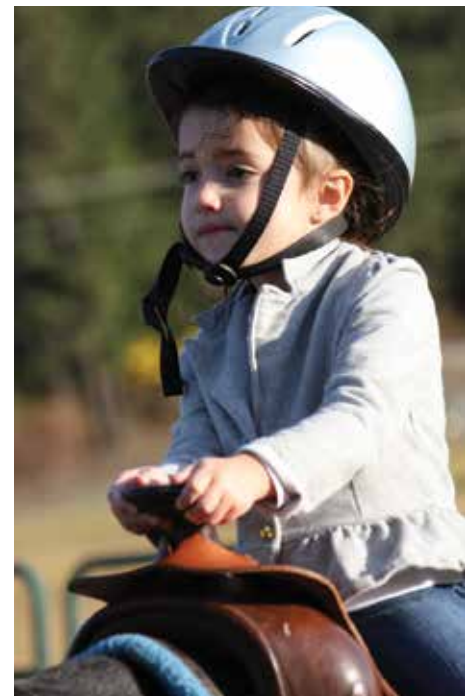


# Equestrian Center to hold Harvest Festival

It's Harvest Festival time at the K2 Equestrian Center in Hayden. Bring the family and enjoy an afternoon of fun, games, food, and prizes from 3 to 4:30 p.m. Saturday, October 18. Kids can pick a pumpkin from the Pumpkin Patch, plus there will be pony rides, a petting zoo, face painting, games, and favorite fall treats to eat including candy apples, popcorn balls, and a BBQ. Adults can try their hand at horseshoes, check out the craft vendors, and bid on lots of great items at the silent auction. Proceeds from the Harvest Festival benefit the K2 Therapeutic Riding Scholarship Program.

K2 Equestrian Center is a non-profit organization that provides therapeutic riding and equine assisted therapy programs for children and adults with special needs. Owners Katherine and Keith Wacholz are credentialed teachers in general and special education with 30 years of teaching experience in behavioral intervention. They are trained in the Parelli Natural Horsemanship Program and are members of the Equine Assisted Growth and Learning Associations and the Professional Association of Therapeutic Horsemanship.

The K2 Equestrian Center works in partnership with local service agencies including Team Autism 24/7, Syringa Family Partnership LLC, Hospice of North Idaho, Hospice of Spokane, and Jump Start Pediatric Therapy. The ranch provides therapy services at no cost to participating families.



**K2 Equestrian Center**

[www.K2EquestrianCenter.org](http://www.K2EquestrianCenter.org)

[Facebook.com/K2EquestrianCenter](https://www.facebook.com/K2EquestrianCenter)

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# Bringing Suicide Out from the Shadows

Suicide is a serious issue that causes immeasurable pain, suffering, and loss to individuals and families nationwide. Anyone who has experienced the sudden death of a loved one to suicide is left with hundreds of “what if” questions. Suicidal behaviors continue to be met with silence and shame. One group in North Idaho is working to start the conversation, before it’s too late.

The Suicide Prevention Action Network (SPAN) of Idaho is committed to reducing suicide rates. Catherine Perusse is the chairperson for SPAN’s North Idaho chapter. She lost two sons by suicide and is seeking a doctoral degree in counselor education and supervision.

“Suicide prevention can be a painful, uncomfortable conversation when educating others, but it’s a very important issue,” said Perusse. “In Idaho, education and awareness are vital to our community. SPAN exists to help people become better enabled to recognize the warning signs of suicide and to have the tools to help those who may be at risk.”

In the last five years, Idaho has lost 83 school-age children to suicide. Death is only the tip of the iceberg. One in 13 Idaho high school students has attempted suicide. Suicide is complex and affects people from all cultures, socio-economic levels, and age groups.

Over 100 people from around the Inland Northwest came together for the 6th Annual Save The One walk to prevent suicide on Sept. 13 in Coeur d’Alene.

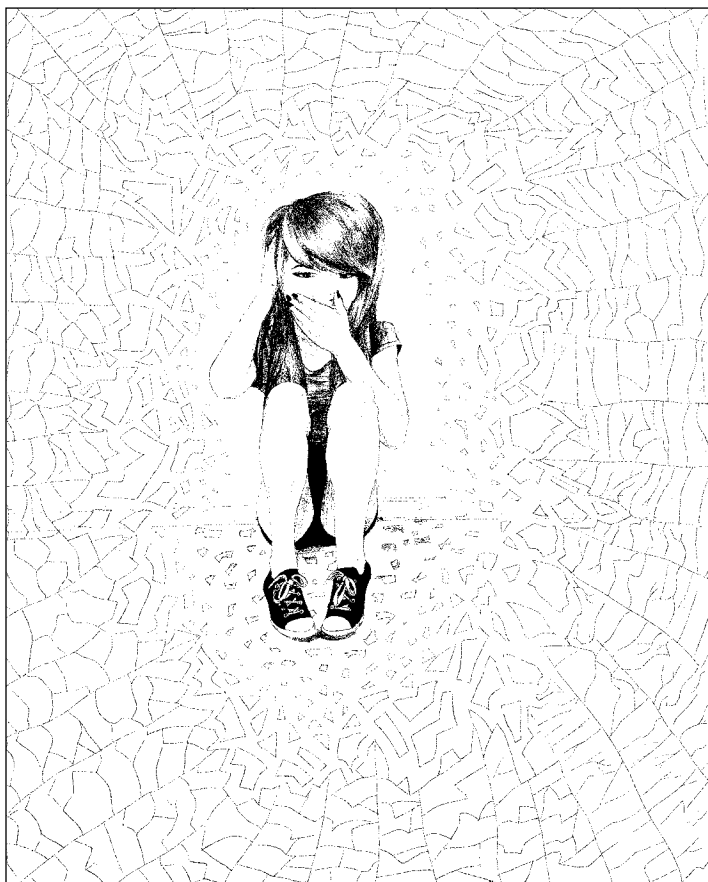
“It’s a special event to take time to remember those who have left us too soon and those who are currently struggling,” said Perusse. “Death by suicide is a preventable public health issue and we walk to let people know that anyone – a teacher, neighbor, friend - can make a big difference in someone’s life.”

Getting the message out to cultivate a sense of community and genuine support for people can help counter suicide risk factors.

“We want to build more awareness in North Idaho, so those in need feel comfortable reaching out and getting help,” said Perusse.

Idaho ranks in the top five states for teen suicides and in the top 10 for overall suicide. With knowledge and support, Idaho can stomp out the stigma of suicide and continue to bring awareness and open conversations about mental health to the community.

Info: Idaho Suicide Prevention Lifeline at 1-800-273-TALK (8255).



“Glass” by local high school student and artist Constance Peart

## What can I do?

Idaho recently received a \$1.29 million grant for the next three years to begin the Idaho Lives project. The goal of the project is to:

- Help at-risk children to recognize their significant role in their community.
- Train peer leaders.
- Provide adult advisors.
- Change peer social norms about seeking help.
- Encourage students to assess and develop their strengths.

All Idaho high schools can apply. The application process is simple and is open through Nov. 1, 2014.



Catherine Perusse  
spanidaho.org  
spannorth@gmail.com



Save *the* One  
**SPAN NORTH IDAHO**  
**SUICIDE PREVENTION ACTION NETWORK**



## Depression, anxiety, suicide –

# *What are my options?*

Depression, anxiety, suicide... behavioral health needs are prevalent in our society and are of serious concern. At ACES we work with people from all walks of life addressing their behavioral health needs, helping them work towards their goals, while keeping their emotional well-being our number one focus.

Our service team provides wrap-around care to help better manage symptoms:

- Individual and Family Therapy
- Community Based Rehabilitation Services
- Case Management Services
- Group Therapy
- Substance Use Disorder Treatment
- Medication Management, 14+

We have offices in Coeur d'Alene, Post Falls, Wallace, and St. Maries. To ask how we can help, call.



**ACES Community Services**  
800-292-2180

## Are behavioral or learning challenges affecting your family?

Spoelstra Family Chiropractic has been serving Coeur d'Alene and the surrounding communities for over six years. They've expanded to serve this area with one of the only neurodevelopmental disorder programs of its type in the country. The program is called Focus and it is helping to improve the lives of those living with neurodevelopmental disorders such as ADD/ADHD, autism spectrum disorders, learning disorders, or undiagnosed issues with impulsivity, hyperactivity, or an unexplained lack of productivity without the use of medication.

### FOCUS FACTS:

- A drug-free approach
- Improvement of behavior challenges
- Addresses the root cause of developmental disorders
- Reduces hyperactivity
- Reduces sensory seeking behaviors
- Improves learning and classroom behavior
- Improves visual processing
- Individualized method

Interested people are invited to attend a free informational meeting.



**Spoelstra Family Chiropractic**  
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## Affordable Health Care Act

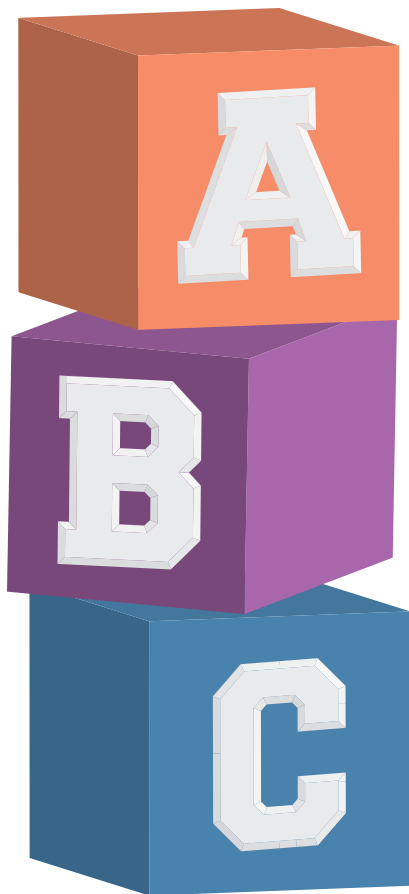
The Affordable Care Act (ACA), also commonly referred to as "Obamacare" is frequently featured in the news but many people, regardless of political views, find the amount information confusing. To help community members navigate healthcare options and better understand what their choices are, Heritage Health has a team of In-Person Assistants available to answer questions and offer support with the application process. As November 15 and the start of open enrollment is getting closer, here is some useful information to help you prepare and consider what options fit you best.

If you already have health insurance through your employer, Medicaid or Medicare, you are considered covered. The Affordable Care Act requires all Americans to have health insurance, or be subject to a fine, but you are free to choose which plan suits you best. Completing an application with the ACA can determine if you qualify for a premium tax credit to help with the cost of health insurance.

We are currently in what's called "Closed Enrollment." This means that until Open Enrollment November 15, the only way to sign up for insurance through the Marketplace is by qualifying for a Special Enrollment Period (SEP) through a Life Changing Event such as getting married or divorced, having a child, getting pregnant, gaining or losing a job, or other factors that would change your household size or income.

Idaho is moving from the federal exchange at healthcare.gov to a state-based exchange with Your Health Idaho. Visit [YourHealthIdaho.org](http://YourHealthIdaho.org) for answers to your health coverage questions and options.





## ABC's of safe infant sleep

**A** Sleep alone

**B** On their backs with no blankets or bedding

**C** In a crib and cool (70 degrees)

**S** In a smoke free environment

On average, almost 20 Idaho babies die in their sleep each year - suddenly, unexpectedly, and without a clear explanation or due to accidental suffocation or strangulation. Twenty might not seem like a lot, but Idaho ranks in the top 20 percent of all states.

The Inland Northwest SIDS Foundation is dedicated to educating the people of Idaho on safe sleep practices for infants and providing grief support to those who have experienced a SUID/SIDS loss. Their goal is to eliminate preventable infant deaths in Idaho.

### DO:

- Do put babies to sleep alone on their backs in a crib or on another firm surface with a tight-fitting bottom sheet.
- Do keep babies away from second hand smoke.
- Dress the child lightly and control the room temperature. 70 degrees is ideal.
- Do breast feed and use pacifiers.

### DON'T:

- Don't put a baby to sleep with blankets, pillows, stuffed animals, or bumper pads.
- Don't ever sleep with an infant.
- Don't put a baby to sleep on chairs, sofas, futons, beanbags, or cushions.
- Don't put babies to sleep on soft mattresses such as pillow-tops, waterbeds, or memory foam. If the baby leaves an impression in the mattress, it's too soft.
- Don't expose babies to secondhand smoke.



**Inland Northwest SIDS Foundation**  
www.inwsids.org



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# 25 Fun Things to do with Kids

tear out and save

1. Take a walk around Tubbs Hill or the City Park and collect leaves, and then have a "Fall Craft Day. Make a leaf mobile with leaves and sticks, a homemade fall wreath, a leaf collage, place leaves inside contact paper to make a placemat., or make leaf rubbings.




2.  Take the kids to see the CDA Vikings, Lake City Timberwolves or Post Falls Trojans football game and go to a Homecoming parade.

3. Visit Jump for Joy on Dalton Avenue in Coeur d'Alene to bounce away on one of their giant inflatables.

4. Make dancing raisins. Fill a pint jar with water and add 5 tbs. of vinegar. Drop in 15 raisins. Sprinkle 3 tbs. of baking soda into the jar without stirring. The raisins will "dance" for about an hour.

5. Visit the Museum of North Idaho to learn about where you live.

6.  Donate your outgrown winter coat, still in good shape, to a local Coats for Kids Drive.

7. Visit a pumpkin patch at the Incredible Corn Maze & Pumpkin Patch in Post Falls/ Hauser or at Prairie Home Farm in Coeur d'Alene/Dalton.



8. Bundle up and watch the stars. Pick out constellations if you can.

9. Plan ahead and make homemade Christmas Gifts for your friends and family. Cookies, duct tape wallets, or coupon books with different favors (like a back rub!) make great gifts that have a personal touch.

10. Volunteer! Find local volunteer opportunities through the Kootenai United Way's website at [volunteer.truist.com/uwoc-5/volunteer/](http://volunteer.truist.com/uwoc-5/volunteer/)

11. Have your kids plan a meal, including the shopping list. Go simple (Grilled cheese sandwich with a bowl of tomato soup) or plan a more complicated recipe together.

12. Have a family board game night.

13.  Write a letter to your best friend (or your mom, or cousin, or whoever!) to tell them how awesome they are.

14. Make a list of everything you are thankful for. See if you can get to 100!

15. Declare an "electronics-free" day and go for a scenic drive. Check out this link for ideas: [fyinorthidaho.com/pdfs/map-north-idaho-driving-tours.pdf](http://fyinorthidaho.com/pdfs/map-north-idaho-driving-tours.pdf).



16. Go see a movie at Hayden Discount Cinemas ([hdcmovies.com/](http://hdcmovies.com/))

17. Create a fort in your living room out of blankets, pillows, or cardboard boxes.

18. Visit the Kootenai Farmer's Market Winter Market on Saturday, December 6 for the Winter Market: Jacklin Bldg. at the Fairgrounds. 10 am to 3 pm.

19. Build paper airplanes and have a contest to see whose airplane can fly the farthest.

20. Learn to say "I love you" in five new languages.

21.  Donate canned food, cash, or a turkey to Community Action Partnership. 4144 Industrial Loop, Coeur d'Alene, ID 83815. (208) 664-8757.

22. Go climb the rock wall at Triple Play Family Fun Center. Don't forget to ring the bell at the top!

23. Take a walk around the Boardwalk and look at the Christmas Lights, or take a Cruise to the North Pole at the CDA Resort.

24. Make snow angels (or snow people) and then decorate them. Grab an old spray bottle and fill it with cold water. Mix in your favorite colors of food coloring. Spray the snow angel and add decorations.

25. Learn how to juggle! Visit Monday Night Juggling at Sorensen Magnet School. All equipment and lessons are provided. \$1 donation requested.





## Handy School Lunch Tips



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

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



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

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

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



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

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



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

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

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

### INGREDIENTS

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

### DIRECTIONS

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



# Junk2Funk Recycled Fashion Show

Pinterest has spurred a whole new generation of crafters and opened our minds beyond the McCall's "Do It" Craft books of the 60s. Local Coeur d'Alene artists take it to a whole new level, and for a good cause.

The 6th Annual Junk2Funk Fashion Show is Saturday, October. 11 from 7-10 p.m. at the Eagles Lodge located at 209 Sherman Ave. in Coeur d'Alene. Proceeds support the Kootenai Environmental Alliance (KEA).

The event invites local artists to create fashion design from recycled and repurposed materials. This year 40 local artists are donating their time and talents to create the eco-friendly fashions that will be showcased in a fashion show runway venue.



"Very few of the artists are actually clothing designers," said Adrienne Cronebaugh, Executive Director for KEA. "Most of them are involved in other areas of art and design, but we knew they could rise to the task. Anything goes, as long as it's recycled or up-cycled. Past participants have utilized items such as old paint, wine cups, a year's worth of their children's homework, or tarps, and transformed them into amazing outfits."

"It's a really fun event that sells out every year," Cronebaugh said.

Tickets are "\$24.99 for a trash-n-good-time" and are available at The Art Spirit Gallery in downtown Coeur d'Alene or online.

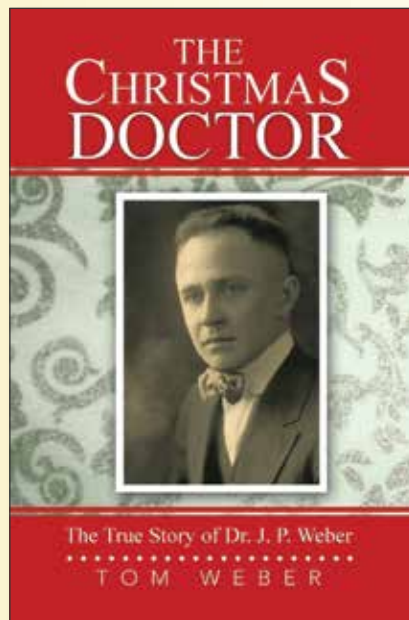


INFO

KEA

[www.kealliance.org/junk2funk/](http://www.kealliance.org/junk2funk/)

*Dr. Weber often risked his life for others.*



**Clive Cussler:**

"A pity men like him aren't around anymore. He was a giant in his time."

**Russell Baker:**

"It makes us remember a time when the doctor was a truly heroic figure."

**Hugh Sidey:**

"His kind made this country great."

**Judy Collins:**

"Your writing is evocative of my own love of the West."

**Margaret Chase Smith:**

"It is certainly something that should be read by everyone."

**Liv Ullmann:**

"You have a wonderful father to remember. I am very moved."

**Karl Malden:**

"A wonderful story!"

**Joan Rivers:**

"If only there were doctors like him today."

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## Free services available for military families

The Idaho National Guard Child and Youth Program provides resources, activities, and support to the roughly 10,000 military youth in Idaho throughout the cycles of deployment. Family members are eligible for tutoring, scholarship applications, leadership training, youth camps, and parenting seminars regardless of service status or branch of military.

The nearest Family Assistance Center is located in Post Falls and provides support and connections to help with the experiences children face when their family members are in the military. Support is also available to schools, counselors, and childcare providers who work with military students and would like assistance to help overcome deployment related stressors and concerns.

Additional services provided by the Family Assistance Center may include medical and dental support, employment assistance, counseling, and financial resources and referral.



**Post Falls Family Assistance Center**  
1-888-344-1198  
[nationalguard.idaho.gov/FamilyPrograms](http://nationalguard.idaho.gov/FamilyPrograms)

*"Too many of our military children in public schools feel like their classmates and teachers do not understand what they are going through."*

*— Blue Star Families, 2010 Military Family Lifestyle Survey. [May 2010]*

## Waddle like a duck for Shriner's Hospital



Ducks will overtake Spokane's Riverfront Park on Saturday, September 28 for the 3rd Annual Duck Waddle, a 5k Fun Run benefitting Shriners Hospitals for Children. This year, even more "ducks" will flock to the park to celebrate the Shriners Hospital 90th anniversary. The Fun Run is \$15 with check in starting at 11 a.m. followed by the race at 12:30 p.m. A Family Fun Fair will be held from 11 a.m. to 2 p.m. The El Katif Rubber Duck race on the Spokane River begins at 2 p.m. It's a fun day with face painting, games, clowns, mascots, and bands.



**Shriner's Hospital**  
[tinyurl.com/duckwaddle2014](http://tinyurl.com/duckwaddle2014)



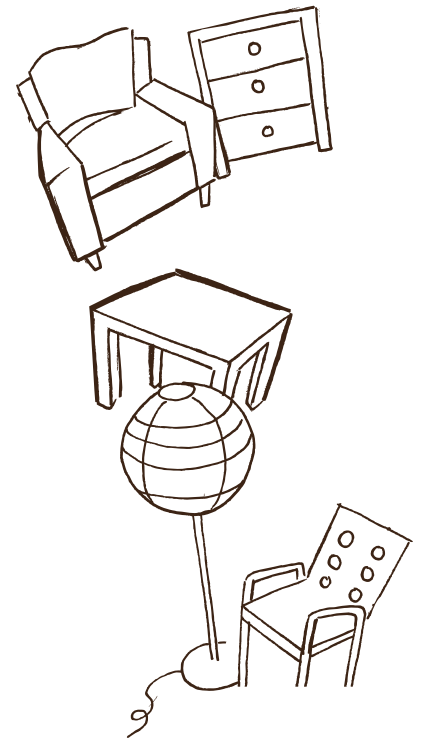
## Beds, bedding, and household items needed

Beds are a place of comfort and serve as a place of refuge and safety. They mark the various stages of our lives: bassinette, crib, toddler bed, first big bed, bunk bed, military cot, studio apartment Murphy bed, a bed shared with a life partner, a lonely bed, and a hospital bed. When we move from one place to another, the last thing we pack is our bed and the first thing we set up in our new place is our bed. Our beds mark the end of one day and the start of the next.

We've Got Stuff has been assisting community members for five years by helping to create hope through serving the previously homeless and others walking through life's negative circumstances by providing the essentials that make a house a home. They serve the homeless person coming in from the cold, the battered women fleeing in the night with their children, and the family suffering the horror of a house fire. Each one needs a bed.

Children deserve the safety and comfort of sleeping in a warm bed each night. We never have enough beds, mattresses, bed frames, linens, comforters, blankets, and pillows to provide a bed for every person we serve. Our families also need general household items like the ones you reach for in your kitchen every day to prepare a meal.


We will gladly pickup up your donations for free and provide a donation receipt.



**We've Got Stuff**  
(208) 446-4382

## THE DOME SPORTS FACILITY

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- Batting Cage, cafe and banquet room & outdoor field
- Youth and Adult indoor leagues coming this fall



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167 W Miles Ave Hayden ID 83835 • 208-691-0943 • [midwaycda@gmail.com](mailto:midwaycda@gmail.com)  
[thedomeidaho.com](http://thedomeidaho.com) [theacademyidaho.com](http://theacademyidaho.com)





# The 10 habits of happy couples

*as told by a psychiatrist*



Regardless of the state of your relationship, Dr. Goulston provides some interesting insight on the 10 habits that will allow you and your loved one to keep the magic going.

## 1. Go to bed at the same time.

Remember the beginning of your relationship, when you couldn't wait to go to bed with each other to make love? Happy couples resist the temptation to go to bed at different times. They go to bed at the same time, even if one partner wakes up later to do things while their partner sleeps.

## 2. Cultivate common interests.

After the passion settles down, it's common to realize that you have few interests in common. But don't minimize the importance of activities you can do together that you both enjoy. If common interests are not present, happy couples develop them. Be sure to cultivate interests of your own. This will make you more interesting to your mate and prevent you from appearing too dependent.

## 3. Walk hand in hand or side by side.

Rather than one partner lagging or dragging behind the other, happy couples walk comfortably hand in hand or side by side. They know it's more important to be with their partner than to see the sights along the way.

## 4. Make trust and forgiveness your default mode.

If and when they have a disagreement or argument, and if they can't resolve it, happy couples default to trusting and forgiving rather than distrusting and begrudging.

## 5. Focus more on what your partner does right, than what he or she does wrong.

If you look for things your partner does wrong, you can always find something. If you look for what he or she does right, you can always find something, too. It all depends on what you want to look for. Happy couples accentuate the positive.

## 6. Hug each other as soon as you see each other after work.

Our skin has a memory of "good touch" (loved), "bad touch" (abused), and "no touch" (neglected). Couples who say hello with a hug keep their skin bathed in the "good touch," which can inoculate your spirit against anonymity in the world.

## 7. Say "I love you" and "Have a good day" every morning.

This is a great way to buy some patience and tolerance as each partner sets out each day to battle traffic jams, long lines, and other annoyances.

## 8. Say "Good night" every night, regardless of how you feel.

This tells your partner that, regardless of how upset you are with him or her, you still want to be in the relationship. It says that what you and your partner have is bigger than any single upsetting incident.

## 9. Do a "weather" check during the day.

Call your partner at home or at work to see how his or her day is going. This is a great way to adjust expectations so that you're more in sync when you connect after work. For instance, if your partner is having an awful day, it might be unreasonable to expect him or her to be enthusiastic about something good that happened to you.

## 10. Be proud to be seen with your partner.

Happy couples are pleased to be seen together and are often in some kind of affectionate contact — hand on hand or hand on shoulder or knee or back of neck. They are not showing off, but rather just saying that they belong with each other.

Happy couples have different habits than unhappy couples. A habit is a discrete behavior that you do automatically and that takes little effort to maintain. It takes 21 days of daily repetition of a new behavior to become a habit. So select one of the behaviors in the list above to do for 21 days and voila, it will become a habit...and make you happier as a couple. And if you fall off the wagon, don't despair, just apologize to your partner, ask their forgiveness and recommit yourself to getting back in the habit.

If there was one key to happiness in love and life and possibly even success it would be to go into each conversation with direction to yourself foremost in your mind to, "Just Listen" and be more interested than interesting, more fascinated than fascinating, and more adoring than adorable.

*Dr. Mark Goulston is psychiatrist, international speaker, and best selling author. He also happens to be an avid blogger. His post 10 Habits of Happy Couples, has been read by over half a million people.*

# Fall Fundraisers, Festivals, & Fun

- September 13** **Save the One Suicide Prevention Walk**  
O'SHAYS IRISH PUB AND EATERY  
313 E COEUR D'ALENE LAKE DR  
Suicide Prevention Action Network (SPAN) North annual Save the One Suicide Prevention Walk. Questions, call 208-290-6161 or email spannorth@gmail.com
- September 14** **We'll Take You There**  
CLARK HOUSE, HAYDEN LAKE  
North Idaho AIDS Coalition Fundraiser. Hors d'oeuvres, music, live and silent auctions. [www.northidahoaidcoalition.org](http://www.northidahoaidcoalition.org)
- September 18** **United Way of Kootenai County's 7th Annual Day of Caring**  
Business leaders and community members roll up their sleeves and grab their tools to spend the day giving back to our community. 208-667-8112 or [www.kootenaiunitedway.org](http://www.kootenaiunitedway.org)
- September 20** **Drool Stampede Dog Walk**  
RIVERSTONE PARK/CENTENNIAL TRAIL, CDA  
[www.Kootenaihumanesociety.com](http://www.Kootenaihumanesociety.com)
- September 20** **Boots & Pearls: A Lutheran Hootenanny with a Purpose.**  
CAMP LUTHERHAVEN  
An evening of fun and generosity supporting the Lutheran Fund, making camp available to ALL children regardless of ability to pay.
- September 20** **Operation: Military Kids Barn Night**  
RIDER RANCH – CDA  
Military Family Barn Night. Open to military families of all branches of service. Pony Rides for kids, Dinner, Wagon Rides, fun for all! \$5 registration fee per family. For information email [Cassandra.k.rzepa.ctr@mail.mil](mailto:Cassandra.k.rzepa.ctr@mail.mil)
- September 20** **Step UP for Down Syndrome Walk**  
MIRABEAU POINT PARK, SPOKANE, WA  
Promotes awareness and inclusion for people with Down Syndrome. Raises funds for local and national education, research and advocacy programs. [www.DsConnectionsNw.org](http://www.DsConnectionsNw.org)
- September 21** **Coeur d'Alene Race for the Cure**  
NORTH IDAHO COLLEGE  
Register at [www.komenidaho.org](http://www.komenidaho.org). Join us in the fight against breast cancer!
- September 26–September 27** **Coeur d'Alene Oktoberfest**  
Live entertainment, German food, activities for the entire family and harvest brews! Tickets at the Resort Plaza Shops.
- September 27** **Coeur d'Fondo**  
2ND & SHERMAN AVE, COEUR D'ALENE  
Cycling event along or around Coeur d'Alene Lake. Proceeds support the North Idaho Centennial Trail. [www.nictf.org](http://www.nictf.org)
- September 27** **Family Fall Fun Fest**  
TWINLOW CAMP AND RETREAT CENTER  
Come enjoy a day at Twinlow with activities for the whole family! There will be swimming, boating, fishing, campfire, stargazing, pie making and much more! Lodging will be available Friday and Saturday nights.
- September 28** **Walk to End Alzheimer's**  
RIVERSTONE PARK, COEUR D'ALENE  
Raises awareness and funds for Alzheimer's care, support and research. [www.act.alz.org/NorthIdaho](http://www.act.alz.org/NorthIdaho)
- September 28** **Duck Waddle 5k Fun Run**  
RIVERFRONT PARK, SPOKANE  
Supports the Spokane Shriners Hospital. Ends in time to witness the impressive duck drop, the start to the famous El Katif Duck Race down the Spokane River. [goo.gl/QYGd8m](http://goo.gl/QYGd8m)
- October 3** **Cardboard Box City to Benefit Family Promise of North Idaho**  
FERNAN ELEMENTARY SCHOOL, CDA  
Sponsored participants build and sleep in a cardboard box shelter overnight, raising awareness of homelessness. Proceeds benefit Family Promise of North Idaho. [www.familypromiseni.org](http://www.familypromiseni.org)
- October 4** **Disco Inferno - Coeur d'Alene Education Partnership**  
EAGLES LODGE, 209 E SHERMAN AVE, CDA  
A benefit for Coeur d'Alene public schools libraries. There will be music, food, prizes, and dancing. [goo.gl/5RChzl](http://goo.gl/5RChzl)
- October 4** **Harp Guitar Gathering XII**  
NIC SCHULER PERFORMING ARTS CENTER  
The Harp Guitar Gathering is an annual event celebrating the instrument known as the harp guitar, as well as its players, builders and history. [www.harpguitars.net/hgg/hgg.htm](http://www.harpguitars.net/hgg/hgg.htm)
- October 5** **Run for the Angels 5K and Family Fun Event**  
RIVERSTONE PARK, CDA  
Proceeds benefit the Safe Infant Sleep Education Outreach and Grief Support efforts of Idaho's Inland Northwest SIDS Foundation. [www.inwsids.org](http://www.inwsids.org)
- October 10** **Maison de Couture - 'Fashion House' benefit for St. Vincent de Paul**  
BEST WESTERN CDA INN  
[www.stvincentdepaulcda.org](http://www.stvincentdepaulcda.org)
- October 11** **Home Tweet Home Afternoon Tea and Auction**  
LAKE CITY CENTER, COEUR D'ALENE  
On Site for Seniors hosted. Silent and live auction, 3 course tea served by volunteers. Proceeds support the Center. 208-664-3301
- October 17** **Boys & Girls Club Annual Gala Fundraiser**  
THE COEUR D'ALENE RESORT  
[www.northidahobgc.org](http://www.northidahobgc.org) or 208-457-9089
- October 18** **Doll and Teddy Bear Tea and Auction**  
BLANCHARD COMMUNITY CENTER  
Finger-food lunch and auction of doll and teddy bear related items. Proceeds support the Community Center. [www.blanchardidaho.net](http://www.blanchardidaho.net)
- October 18** **3Cs (Cancer & Community Charities) Annual Fall Fest**  
BEST WESTERN CDA INN  
Live and silent auction and entertainment. [www.ccc-northidaho.org](http://www.ccc-northidaho.org)
- October 30** **Toast & Taste for Health Heritage Health**  
DAANEN'S DELI, HAYDEN, ID  
[goo.gl/jeVgub](http://goo.gl/jeVgub)
- October 30** **CASA Un-Corked Benefit**  
HAGADONE EVENT CENTER  
[www.northidahocasa.com](http://www.northidahocasa.com)



# Fall Fundraisers, Festivals, & Fun

**October 31** **Heart of the City Church Harvest Festival**  
**5:30 p.m.**  
KOOTENAI FAIRGROUNDS, JACKLIN BUILDING  
Free to the public. Food, crafts, candy & costumes. Past events have included a mechanical bull, inflatables, chili cook-off, pie-eating contests, music & more.

**November 8** **4th Annual St. Vincent de Paul's Veterans 5k/10k Run/walk.**  
O'SHAY'S IRISH PUB, CDA LAKE DRIVE, CDA  
[www.stvincentdepaulcda.org](http://www.stvincentdepaulcda.org)

**November 15** **2014 EXCEL Foundation Big Event**  
COEUR D'ALENE INN  
Social hour, tailgating, raffles and live and silent auctions. Proceeds fund grants to teachers for classroom projects in CDA School District 271. 208-765-9500 or [excelcda.wordpress.com](http://excelcda.wordpress.com)

**November 15** **Wishing Star 3rd Annual Spokane Dinner Banquet**  
MIRABEAU PARK HOTEL, SPOKANE VALLEY, WA  
Silent and live auction, full bar, wish kid testimonials and lots of fun. 509-744-3411

**November 27** **Christmas Parade & Lighting Ceremony**  
**5:00 p.m.**  
DOWNTOWN CDA  
Lighted Christmas Parade, carols, and fireworks followed by the lighting of over 1.5 million lights to kick off the holiday season.

**November 28–December 1** **Kootenai Health Foundation's Festival of Trees**  
COEUR D'ALENE RESORT  
Friday d'Lights, Senior Social, Festival Gala, Family Day, Children's Workshop, Luncheon Fashion Show, Dinner Fashion Show. Proceeds help fund projects and activities benefitting Kootenai Health and its patients.  
[www.thefestivaloftrees.com](http://www.thefestivaloftrees.com)

**December 24** **Santa's Schweitzer Visit • 6:00 p.m.**  
SCHWEITZER MOUNTAIN  
Santa's Traditional Schweitzer Visit. Santa hits the slopes and then stops off at the Selkirk Lodge on Christmas Eve. [Schweitzer.com](http://Schweitzer.com). 208-255-3081

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



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

## Harvest & Holiday Fun

### Scarywood Haunted Nights

**October 3 – November 1**

Silverwood Theme Park transforms into an eerie, fun-filled land of frightful creatures for the season. Open on select dates through October.

### Incredible Corn Maze & Pumpkin Patch

**September 30 – October 31**

**Friday – Sunday plus last 2 Thurs in October**

3402 N. BECK ROAD, POST FALLS

(1.9 MILES NORTH OFF SELTICE WAY)

1.5 acre Pumpkin Patch, Fun Flicks, Corn Maze, Field of Screams (haunted corn maze), corn cannon, haunted trail, concessions, picnic area, school tours. 1-855-855-6293 or [www.incrediblecornmaze.com](http://www.incrediblecornmaze.com)

### Prairie Home Farm

**Wed-Sat in October**

7790 N. ATLAS RD, CDA

(CORNER OF PRAIRIE & ATLAS)

Pumpkin Patch - pick in the field or for sale at farmstand, picnic area, farm animals, birthday parties, school tours. 208-762-3289 or [www.prairiehomefarm.com](http://www.prairiehomefarm.com)

### Yuletide Lighting Celebration

**December 5 • 4:30 PM**

DOWNTOWN WALLACE IDAHO

Join the Wallace Chamber of Commerce as they kick off the holidays with a Yuletide Lighting Ceremony

### Holiday Light Show Cruise to the North Pole

**November 30 - January 1**

Departures are scheduled several times each evening beginning Saturday, November 30th and continue through January 1st. These 40 minute cruises offer spectacular views of the holiday light displays. The most memorable point in the journey lies across the lake, as Santa awaits your arrival at the North Pole Toy Workshop! Nightly cruise departure times: 5:30, 6:30 and 7:30 pm. For more information, call 208-765-4000

### Traditions of Christmas

**December 11-22, 2014 Thursdays through Saturday, with additional performance the following Monday 7:00 PM**

THE SALVATION ARMY RAY & JOAN KROC CENTER

Traditions of Christmas is a musical journey of all the greatest Christmas songs and traditions from around the world. Santa's Workshop comes alive with dancing elves, gingerbread dolls, toy soldiers and magical toys.



## Helping Dad stop driving wasn't easy

"The life event I dreaded happened. I asked my amazing 97-year-old Dad, a fiercely independent man, to give up the one thing he loved the most (besides me). His car keys.

I had begun noticing he wasn't quite as sharp as usual, but I was in denial. One day he called in a panic and said his car had broken down. I discovered him parked in a parking lot unwilling to get out and very confused. After much begging I managed to get into the car and I drove it to his home. Nothing was wrong with the car, something wasn't right with my Dad.

I didn't take the keys away. I placed them on his table, asked him not to use them and gently told him why. There were so many reasons I was shocked I hadn't realized before. But he wasn't convinced. I made a deal with him: Get his driving evaluated at the McGrane Center at Kootenai Hospital and I would abide by their decision. At the end of the conversation I held his hand and reminded him I would never do anything to hurt him, I loved him, and want the best for him and asked him to trust me.

The test day arrived. He passed the written and oral evaluation wonderfully. The driving part was not great, but not so bad either. She gently told him he probably shouldn't drive anymore. He tried to bargain, but eventually became quiet as he realized his driving days were over. It was a bittersweet day for us both and I was grateful it was over.

He has since moved into a wonderful senior living apartment that provides meals. Best of all they have a bus to take him wherever he needs to go. Better yet, his 97-year-old girlfriend lives at the same facility so there's no driving needed to visit her. A Happy Ending."

Guest Editorial  
Dianne Ansbaugh

## Senior Care Program provides fun, safe options for caregivers

Being a caregiver for aging parents can be challenging for families. Juggling work and family life, while caring for a senior with special needs can add stress and daily scheduling complications. The Senior Care Program at Kootenai Health's McGrane Center is a community-based program that provides for the special needs of senior citizens and the respite needs of families and caregivers.

The program features activities specifically designed to address the special needs and interests of participants and helps them remain active by promoting independence while reducing social isolation and providing a safe, loving environment. Each client and family receives a personalized care plan and, if appropriate, assistance with personal care needs.

"The participants are well cared for by staff and volunteers and are always treated with respect," said Sandy Coleman, Kootenai Health volunteer and wife to a senior care participant. "They are kept busy with daily activities and especially enjoy the music."

Open Monday through Friday from 6:30 a.m. to 5:30 p.m. the Senior Care Program has a specially-trained, fully-qualified staff dedicated to attending to the needs of clients. They include certified nursing assistants, a licensed social worker, an activity assistant, and a dedicated group of volunteers. All staff members are trained in treating Alzheimer's disease and are certified in CPR.

"We are very grateful for this program," said Ivanka May, the wife of an eight-year participant. "I don't know where I'd be without them."



Kootenai Health  
(208) 625-5354



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Lori Chissie (208) 640-4276



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208-665-7546 or visit [www.niderm.com](http://www.niderm.com)

## Child/Youth - Services/Support

1st Judicial CASA Program • 816 E Sherman • Coeur d'Alene, ID • 667-9165 • [www.northidahocasa.com](http://www.northidahocasa.com)  
 Anchor House • 1609 N. Government Way • Coeur d'Alene, ID • 667-3340 • [www.youthranch.org](http://www.youthranch.org)  
 Big Brothers/Big Sisters • 222 W. Mission Suite 40 • Spokane, WA • 509-328-8310 • [www.nwbigs.org](http://www.nwbigs.org)  
 Boy Scouts of America • 178 Commerce Dr. • Hayden, ID • 772-2455 • [www.scouting.org](http://www.scouting.org)  
 Boys and Girls Club • 200 W. Mullan Ave. • Post Falls, ID • 457-9089, 665-1919 • [www.northidahobgc.org](http://www.northidahobgc.org)  
 Camp Fire Inland Northwest • 524 N. Mullan • Spokane, WA • 509-747-6191 • [www.campfireinc.org](http://www.campfireinc.org)  
 Crosswalk North Idaho • 201 E. Harrison Ave. • Coeur d'Alene, ID • 676-0772 • [www.voaspokane.org/crosswalknorthidaho](http://www.voaspokane.org/crosswalknorthidaho)  
 Excel Foundation • PO Box 2469 • Coeur d'Alene, ID • 699-6963 • [www.excelcda.wordpress.com](http://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](http://www.gsewni.org)  
 Idaho Youth Ranch • 2201 Government Way, Suite J • Coeur d'Alene, ID • 667-1898 • [www.youthranch.org](http://www.youthranch.org)  
 March of Dimes • 3222 W. Overland Rd. • Boise, ID • 800-336-5421 • [www.marchofdimes.com](http://www.marchofdimes.com)  
 Panhandle Alliance of Education • PO Box 1675 • Sandpoint, ID • 263-7040 • [www.panhandlealliance.org](http://www.panhandlealliance.org)  
 PATH Idaho • 2101 Lakewood Dr., Ste 236 • Coeur d'Alene, ID • 473-2861 • [www.pathidaho.org](http://www.pathidaho.org)  
 Wishing Star Foundation • 139 S. Sherman St. • Spokane, WA • 509-744-3411 • [www.wishingstar.org](http://www.wishingstar.org)

## Civic/Volunteer

Arts & Cultural Alliance • 105 N. 1st • Coeur d'Alene, ID • 292-1629 • [www.artsincda.org](http://www.artsincda.org)  
 Cancer & Community Charities (3C's) • P.O. Box 1274 • Coeur d'Alene, ID • 667-1479 • [www.ccc-northidaho.org](http://www.ccc-northidaho.org)  
 Coeur d'Alene Firefighters Pipes & Drums • 300 Foster Ave. • Coeur d'Alene, ID • 769-2340 • [www.cdaffpd.org](http://www.cdaffpd.org)  
 Habitat for Humanity • 176 W. Wyoming Ave. • Hayden, ID • 762-4663 • [www.northidahohabitat.org](http://www.northidahohabitat.org)  
 Human Rights Education Institute • 414 Mullan Ave • Coeur d'Alene, ID • 292-2359 • [www.hrei.org](http://www.hrei.org)  
 Kootenai County Indicators • 668 N. Riverpoint Blvd. • Spokane, WA • 509-828-1211 • [www.kootenaiindicators.org](http://www.kootenaiindicators.org)  
 Kootenai Democrats • 408 Sherman Ave • Coeur d'Alene, ID • 763-3361 • [www.kootenaidemocrats.org](http://www.kootenaidemocrats.org)  
 Kootenai Environmental Alliance • PO Box 1598 • Coeur d'Alene, ID • [www.kealliance.org](http://www.kealliance.org)  
 Lake City Playhouse • 1320 E. Garden Ave. • Coeur d'Alene, ID • 667-1323 • [www.lakecityplayhouse.org](http://www.lakecityplayhouse.org)  
 Panhandle Parks Foundation • 212 Ironwood Drive, Ste D PMB124 • Coeur d'Alene, ID • 651-6271 • [panhandleparksfoundation.org](http://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](http://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](http://www.thechildrensvillage.org)  
 ICARE • 201 E. Harrison Ave • Coeur d'Alene, ID • 676-1515 • [www.icareforchildren.org](http://www.icareforchildren.org)  
 Kinderhaven, Inc • PO Box 2097 • Sandpoint, ID • 265-2236 • [www.kinderhavensandpoint.com](http://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](http://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](http://www.postfallspolice.com)

## Education - Adult

North Idaho College • 1000 W. Garden Ave. • Coeur d'Alene, ID • 769-3315 • [www.nic.edu](http://www.nic.edu)  
 North Idaho Higher Education • [www.northidahohighereducation.org](http://www.northidahohighereducation.org)  
 North Idaho College Workforce Training Center • 525 W. Clearwater Loop, Post Falls • ID • 769-3222 • [www.workforcetraining.nic.edu](http://www.workforcetraining.nic.edu)  
 University of Idaho • 1031 N. Academic Way, Suite 242 • Coeur d'Alene, ID • 667-2588 • [www.uidaho.edu](http://www.uidaho.edu)

## Education - Child

Christian Center School • 3639 W. Prairie Ave. • Hayden, ID • 772-7451 • [www.ccs-id.net](http://www.ccs-id.net)  
 Circle of Care/Developing Minds • 3755 East Covington • Post Falls, ID • 777-600 • [www.FSSOFNI.com](http://www.FSSOFNI.com)  
 Coeur d'Alene Charter Academy • 4904 N. Duncan Dr. • Coeur d'Alene, ID • [www.cdacharter.org](http://www.cdacharter.org)  
 Coeur d'Alene School Dist. 271 • 1400 N. Northwood Center Ct. • Coeur d'Alene, ID • [www.cdaschools.org](http://www.cdaschools.org)  
 Education-Plus, Inc • 6389 Tall Pines Rd • Coeur d'Alene, ID • [www.educationplushealth.com](http://www.educationplushealth.com)  
 Idaho Distance Education Academy • 761 N. Thornton St., Ste E • Post Falls, ID • 661-5099 • [www.idahoidea.org](http://www.idahoidea.org)  
 Idaho School for the Hearing Impaired • 2101 Lakewood Dr, Ste 224 • Coeur d'Alene, ID • 661-9120 • [www.isdb.idaho.gov](http://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](http://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](http://www.learninglifeco.org)  
 Mountain States Early Head Start • 411 N. 15th St, Ste 200 • Coeur d'Alene, ID • 765-6955 • [www.msehs.org](http://www.msehs.org)  
 North Idaho Association for the Education of Young People • PO Box 262 • Coeur d'Alene, ID • 415-5145 • [www.idahoaeypc.org](http://www.idahoaeypc.org)  
 North Idaho College Head Start • 411 N. 15th St, Ste 103 • Coeur d'Alene, ID • 765-6755 • [www.nicheadstart.org](http://www.nicheadstart.org)

## Education - Parent

Parent Project-Kootenai County Diversion Program • 451 Government Way • Coeur d'Alene, ID • 446-1970 • [www.parentproject.com](http://www.parentproject.com)

## Family Services

Family Promise of North Idaho • 501 E. Wallace Ave. • Coeur d'Alene, ID • 777-4190 • [www.familypromiseni.org](http://www.familypromiseni.org)

## Government

2-1-1 Idaho CareLine • PO Box 83720 • Boise, ID • 800-926-2588 • [www.idahocareline.org](http://www.idahocareline.org)  
 Coeur d'Alene Parks Department • 710 E. Mullan Ave. • Coeur d'Alene, ID • 769-2252 • [www.cdapidparks.org](http://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](http://www.northidahofair.com)  
 Panhandle Area Council • 11100 Airport Drive • Hayden, ID • 772-0584 • [www.pacni.org](http://www.pacni.org)  
 Panhandle Health District Skilled Homecare • 8500 N. Atlas Rd. • Coeur d'Alene, ID • 664-8544 • [www.phd1.idaho.gov](http://www.phd1.idaho.gov)

## Healthcare - Dental - Mental - Physical

Heritage Health (formerly Dirne) • 1090 Park Place • Coeur d'Alene, ID • 292-0292 • [www.myheritagehealth.org](http://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](http://www.kootenaihealth.org)

## Healthcare - Dental

Coeur d'Alene Dental Center • 1322 Kathleen Ave • Coeur d'Alene, ID • 667-7461 • [www.cdadentist.com](http://www.cdadentist.com)

## Healthcare - Mental

ACES Community Services • 1700 Schneidmiller St • Post Falls, ID • 619-0190 • [www.aces-id.com](http://www.aces-id.com)  
 ACES Community Services • 1417 N. 4th St. • Coeur d'Alene, ID • 292-2188 • [www.aces-id.com](http://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](http://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](http://www.riverwoodcounseling.com)  
 Stephen Gajewski, LLC • 2448 Merrit Creek Loop, Ste 4E • Coeur d'Alene, ID • 640-3323 • [www.sgajewskillc.com](http://www.sgajewskillc.com)

## Healthcare - Physical

After Hours Urgent Care • 1300 E. Mullan Ave. • Post Falls, ID • 777-1157 • [www.nifp.com](http://www.nifp.com)  
 Bonner Partners in Care Clinic • 1020 Michigan St. • Sandpoint, ID • 255-9099 • [www.bonnerpartnersincareclinic.org](http://www.bonnerpartnersincareclinic.org)  
 Heritage Health • 1090 N. Park Place Coeur d'Alene, ID • 620.5250 • [www.myheritagehealth.org](http://www.myheritagehealth.org)  
 Hospice of North Idaho • 9493 N Government Way • Coeur d'Alene, ID • 691-6996 • [www.honi.org](http://www.honi.org)  
 Kootenai Urgent Care • 700 Ironwood Dr., Ste 170E • Coeur d'Alene, ID • 667-9110 • [www.kootenaiurgentcare.com](http://www.kootenaiurgentcare.com)  
 Medicine Man Pharmacy • 802 Medical Ct. • Post Falls, ID • PF 773-3567, Hayden 762-9355, CdA 666-2502 • [www.medmanpharmacy.com](http://www.medmanpharmacy.com)  
 North Idaho Health Network • 1250 W. Ironwood, Ste 201 • Coeur d'Alene, ID • 666-3212 • [www.nihn.net](http://www.nihn.net)  
 Rathdrum Clinic • 14775 Kimo Ct. • Rathdrum, ID • 687-5627 • [www.rathdrumclinic.com](http://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 • 509-455-7844 • [www.shrinershospitalsforchildren.org/spokane](http://www.shrinershospitalsforchildren.org/spokane)  
 Spoelstra Family Chiropractic • 370 E. Kathleen Ave, Ste 600 • Coeur d'Alene • ID • 667-7434 • [www.cdahealth.com](http://www.cdahealth.com)

## Misc.

Burke's Klein's • 3880 W Riverbend • Post Falls, ID • 664-6433 • [www.burkesdr.com](http://www.burkesdr.com)  
 Community Library Network • Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, Spirit Lake • [www.communitylibrary.net](http://www.communitylibrary.net)  
 Grocery Girl - Grocery Shopping & Delivery Service • 755-7339 • [grocerygirlcda@gmail.com](mailto:grocerygirlcda@gmail.com)  
 Jacklin Arts & Cultural Center • 405 William St. • Post Falls, ID • 457-8950 • [www.thejacklincenter.org](http://www.thejacklincenter.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.krocdda.org](http://www.krocdda.org)  
 Treaty Rock Realty, Inc • 112 E Seltice Way • Post Falls, ID • 773-1745 • [www.treatyrock.com](http://www.treatyrock.com)  
 We've Got Stuff • P.O. Box 1421, Hayden, ID • 208-446-4382 • [wevvgotstuffidwa@gmail.com](mailto:wevvgotstuffidwa@gmail.com)  
 WITH Performance • 1950 Bellevue Ln, Ste 106-A • Coeur d'Alene, ID • 660-9378

## Pet & Animal Services

AJ's Tails and Trails • Coeur d'Alene • [www.facebook.com/ajstailsandtrails](http://www.facebook.com/ajstailsandtrails)  
 Birds of Prey Northwest • Po. Box 3507 • Coeur d'Alene • 245-1367 • [www.birdsofpreynorthwest.org](http://www.birdsofpreynorthwest.org)  
 Coeur d'Alene Animal Control • 5500 N. Government Way • Coeur d'Alene, ID • 446-1300 • [www.kcsheiff.com/animalcontrol.html](http://www.kcsheiff.com/animalcontrol.html)  
 Coeur d'Alene Pet Resort • 125 E Hazel Ave • Coeur d'Alene, ID • 667-4606 • [www.cdapetresort.com](http://www.cdapetresort.com)  
 Help Every Little Paw • 1533 Northwest Blvd. • Coeur d'Alene, ID • 659-6408 • [www.helpeverylittlepaw.org](http://www.helpeverylittlepaw.org)  
 K2 Equestrian Center • 5723 E. Dodd Road • Hayden, ID • 762-9891 • [www.k2equestriancenter.com](http://www.k2equestriancenter.com)  
 Kootenai Humane Society • PO Box 1005 • Hayden, ID • 772-4019 • [www.kootenaihumanesociety.com](http://www.kootenaihumanesociety.com)  
 Shoshone Pet Rescue • PO Box 884 • Kellogg, ID • 512-3401 • [www.shoshone-pet-rescue.org](http://www.shoshone-pet-rescue.org)

## Religious/Fraternal

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

## Senior Services

Alzheimer's Association • 1042 W. Mill Ave., Ste 205 • Coeur d'Alene, ID • 666-2996 • [www.alz.org](http://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](http://www.aaani.org)  
 Coeur d'Alene Homes • 624 W. Harrison Ave. • Coeur d'Alene, ID • 664-8119 • [www.cdaseniorliving.org](http://www.cdaseniorliving.org)  
 Comfort Keepers • 820 E Best Ave • Coeur d'Alene, ID • 765-9511 • [www.comfortkeepers/office-125](http://www.comfortkeepers/office-125)

Hayden Senior Gems • 9428 N. Government Way • Hayden, ID • 762-7052 • [www.haydengems.org](http://www.haydengems.org)  
 Jewett House • 1501 E. Lakeshore Dr. • Coeur d'Alene, ID • 667-5194 • [www.cdaid.org](http://www.cdaid.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](http://www.lakecitycenter.org)  
 Kootenai Health Senior Care Program - 2003 Kootenai Health Way - Coeur d'Alene, ID - 625-5353 - [khadult@kh.org](mailto:khadult@kh.org)  
 North Idaho Home Health • 2028 East Best Ave • Coeur d'Alene, ID • 667-7494 • [www.nihomehealth.com](http://www.nihomehealth.com)  
 On Site For Seniors • 1052 W. Mill Ave. • Coeur d'Alene, ID • 664-3301 • [www.onsite4seniors.org](http://www.onsite4seniors.org)  
 Sandpoint Senior Center • 820 Main St. • Sandpoint, ID • 263-6860 • [www.sandpointseniorcenter.org](http://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](http://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](http://www.cap4action.org)  
 Catholic Charities of North Idaho • 406 N. 10th St. • Coeur d'Alene, ID • 676-1974 • [www.ccidaho.org](http://www.ccidaho.org)  
 Christmas For All • 201 2nd St. • Coeur d'Alene, ID • [www.cdapress.com](http://www.cdapress.com)  
 Goodwill Industries • 1212 N. 4th St. • Coeur d'Alene, ID • 664-2552 • [www.discovergoodwill.org](http://www.discovergoodwill.org)  
 Habitat for Humanity of North Idaho • 176 W. Wyoming Ave. • Hayden, ID • 762-4663 • [www.northidahohabitat.org](http://www.northidahohabitat.org)  
 Highroad Human Services • 9705 Meadowlark Lane • Coeur d'Alene, ID • 772-3116 • [www.highroadhumanservices.com](http://www.highroadhumanservices.com)  
 Idaho Housing and Finance • 610 W. Hubbard, Ste 219 • Coeur d'Alene, ID • 667-3380 • [www.idahohousing.com](http://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](http://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](http://www.moneymanagement.org)  
 Poison Control Center • ID • 800-860-0620 • [www.healthandwelfare.idaho.gov](http://www.healthandwelfare.idaho.gov)  
 Post Falls Food Bank • 3255 E. Poleline • Post Falls, ID • 773-0139 • [www.postfallsfoodbank.org](http://www.postfallsfoodbank.org)  
 Shepherd's Table • 212 W. Ironwood Dr., Ste D • Coeur d'Alene, ID • 964-4144 • [www.shepherdstableinc.org](http://www.shepherdstableinc.org)  
 Shoshone County Indigent Services • 700 Bank St. • Kellogg, ID • 752-8601 • [www.shoshonecounty.org](http://www.shoshonecounty.org)  
 Shoshone Veterans Service • 700 Bank St. • Kellogg, ID • 752-8601 • [www.shoshonecounty.org](http://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](http://www.stvincentdepaulcda.org)  
 United Way of Kootenai County • 501 E. Lakeside Ave., Ste. 3 • Coeur d'Alene, ID • 667-8112 • [www.kootenaiunitedway.org](http://www.kootenaiunitedway.org)

## Special Needs

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

## Substance Abuse-Recovery/Prevention

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

## Support Networks/Groups

AMEND Center • 520 Government Way • Coeur d'Alene, ID • 665-2432 • [www.amendcenter.com](http://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](http://www.acco.org/inlandnw)  
 American Heart Association • 140 S. Arthur St., Ste 610 • Spokane, WA • 509-536-1500 • [www.heart.org](http://www.heart.org)  
 Anna Schindler Foundation • 6700 S. Stateline Rd. • Post Falls • 777-8985 • [www.annaschindlerfoundation.org](http://www.annaschindlerfoundation.org)  
 Bereaved Parents of the USA • Coeur d'Alene, ID • 773-5684 • [www.nidbereavedparents.org](http://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](http://www.kootenaialliance.org/subcommittees)  
 Idaho Joint Military Family Programs • 1-888-344-1198 • [nationalguard.idaho.gov/FamilyPrograms](http://nationalguard.idaho.gov/FamilyPrograms)  
 Inland NW SIDS Foundation • PO Box 474 • Rathdrum, ID • 557-4371 • [www.innwsids.org](http://www.innwsids.org)  
 Lake City Moms' Club • 1470 W. Hanley Ave • Coeur d'Alene, ID • 262-9522 • [www.lakecitymomsclub.org](http://www.lakecitymomsclub.org)  
 Mothers Against Drunk Driving (MADD) • PO Box 362 • Hayden, ID • 660-6390 • [www.madd.org](http://www.madd.org)  
 NAMI Far North • PO Box 2415 • Sandpoint, ID • 597-2047 • [www.nami.org/sites/namifarnorth](http://www.nami.org/sites/namifarnorth)  
 NAMI National Alliance on Mental Illness • PO Box 1082 • Coeur d'Alene, ID • 691-9674 • [www.namicoeurdalene.org/](http://www.namicoeurdalene.org/)  
 North Idaho AIDS Coalition • 2201 Government Way, C • Coeur d'Alene, ID • 665-1448 • [www.northidahoaidscoalition.org](http://www.northidahoaidscoalition.org)  
 Panhandle Autism Society • 411 N. 15th St., Ste 105 • Coeur d'Alene, ID • 755-7647 • [panhandleautismsociety.org](http://panhandleautismsociety.org)  
 United Cerebral Palsy of Idaho, Inc • 5420 W. Franklin, Ste A • Boise, ID • 888-289-3259 • [www.ucpidaho.org](http://www.ucpidaho.org)





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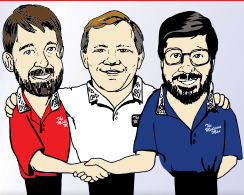
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HAYDEN | 208.772.9110 | 566 W. PRAIRIE AVE.

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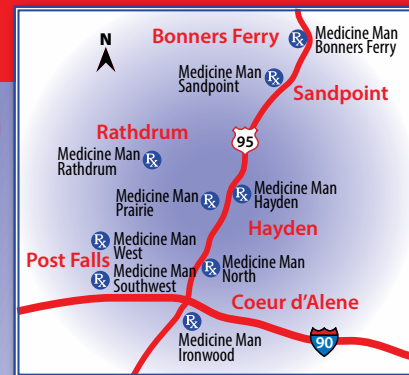
[www.MedManPharmacy.com](http://www.MedManPharmacy.com)

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(208) 777-7732

**Coeur d'Alene**  
305 W. Kathleen Ave.  
inside Super 1 Foods  
(208) 765-2268

**Hayden**  
8093 Cornerstone Dr.  
(208) 762-9355

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

**Coeur d'Alene**  
1114 Ironwood Dr.  
(208) 666-2502

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

**Sandpoint**  
624 Larch St.  
inside Super 1 Foods  
(208) 597-7466

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6452 Main St.  
inside Super 1 Foods  
(208) 267-4021

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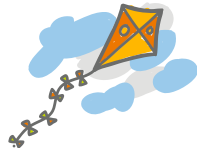
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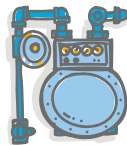
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