

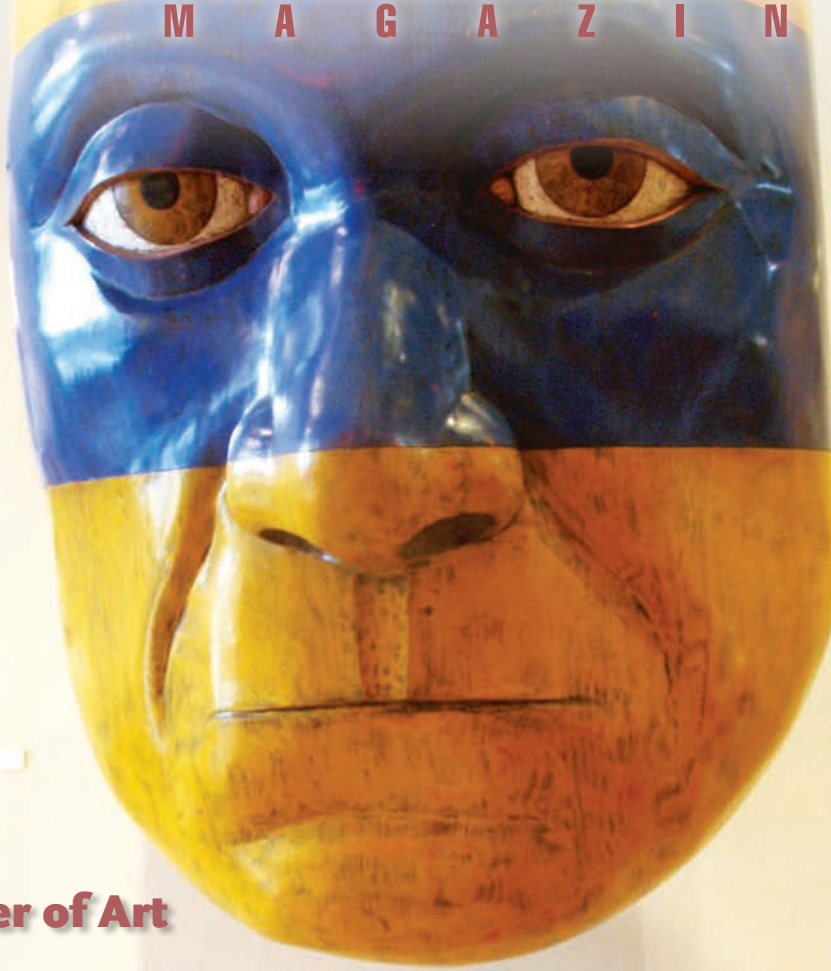
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Fall
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M A G A Z I N E



The Power of Art

plus

**2017 Graduation
Countdown**

**25 Fun Things to
do for Fall**

**Fall & Winter
Event Calendar**



www.nifamily.com

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For advertising information,
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Refer to ad on page 18.

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ACKNOWLEDGEMENTS:

Cover photo by Mason Miles.

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the Group North Idaho Family Scoop

The **North Idaho Family Group** has re-tooled our communication to area nonprofits to focus on more direct, relevant, educational information for area nonprofits and North Idaho Family Group members, supporters and partners. *That's The Scoop!*

Sign up today at www.nifg.org

Welcome!

For over 18 years the North Idaho Family Magazine and its companion website, nifamily.com have provided:

- Hundreds of local features on things that matter to North Idaho families.
- The N.I.C.E. calendar for charitable events planning.
- Connections through social media.

North Idaho Family Group:

The North Idaho Family Group is a 501(c)3 nonprofit organization whose mission is building healthy families and lifelong learning in our community, predominantly by being a backbone organization for other area nonprofits and project, in addition to its own products and services.

What We Do:

- North Idaho Services Directory (niseservicesdirectory.com) See pg. 22.
- Education Information Center (edinfocenterca.com) See pg. 8.
- Solution Series: Monthly events bringing together nonprofits/agencies from different sectors to find a solution to a specific issue their sector faces.
- Marketing & Communications to area nonprofits and agencies.

COMING SOON:

"Boutique Thrift Sale" collaborative event
fundraiser benefiting area nonprofits...

Visit nifg.org for the latest updates!

North Idaho Nonprofits: GET CONNECTED!

Join the North Idaho Family Group

For your \$100 annual investment you will receive:

- A 250-word article in up to three issues (Preference for articles is always given to Members)
- One \$150 gift certificate toward an ad of your choice in one issue
- Service Directory listing in magazine, directory and a link on www.nifamily.com
- Inclusion in NIFG collaborations and events

How to Join

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

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The Power of Art

Kids experience art in a downtown Coeur d'Alene gallery



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Education Information Center

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



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Fall & Winter Calendar

Fundraisers, festivals and fun for the whole family.

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There is incredible power in the arts to inspire and to influence.

In an area that celebrates family-friendly activities, a visit to downtown Coeur d'Alene can offer more than a sweet treat and stop at the toy store. Exposure to fine art can be part of the adventure. Currently beginning its 13th season, Art Walk in Downtown Coeur d'Alene offers a perfect opportunity to experience the vast collection of art forms available in the area. This free family-friendly event has participating galleries that welcome art lovers of all ages.

Additional note to parents: according to a recent study by Americans for the Arts, students who participate in the arts, both in and after school, demonstrate improved academic performance and lower dropout rates.

The Art Spirit Gallery has become an institution in the community, providing access to regional and international artists. Provoking imagination and creating thoughtful experiences for families are a few of the things that make it special. "There's nothing like watching a child experiencing artwork, sharing observations and insight, and sharing in the joy art brings," says Blair Williams, gallery assistant. Each month, the gallery features a new exhibition and crafts a scavenger hunt to engage young visitors.

Many galleries provide educational tours to elementary school students, college classes, civic groups, and more. "The observations students make during these visits [to Art Spirit Gallery] are unique, fascinating, and oftentimes very deep," says Katie Palmer, 5th grade teacher from Sorensen Magnet School of the Arts & Humanities. "The reflective conversations we have in the classroom about art are greatly influenced by these tangible experiences in gallery."

Coeur d'Alene Galleries has specialized in Western, Wildlife, and Sporting art for over 20 years. As a nod to historical, geographical and even scientific facts about the northwest, field trips have included scavenger hunts about activities portrayed in the western art pieces displayed.

Blackwell Gallery, which opened in 2015, is fairly new to the art scene in Downtown Coeur d'Alene. This Modern Art Gallery features Abstract and Figurative painting, Metal Sculpture, Glass Sculpture, and Fine Wood Craftsmanship that has grown in popularity with art lovers of all ages who are local and visitors alike.

For a complete list of downtown galleries visit artsandculturecda.org. ArtWalk is the 2nd Friday of each month thru December 2016 from 5 - 8 p.m.



Photo by Andrea Jensen

Teddy would be proud



Dylan Stiegemeier was the recipient of a \$2,500 Future Frontiers and Frontier Communications On-the-Spot grant at the CDA2030 Annual Celebration Event 2016 for The Theodores – a social organization focused on conservation and community building, and so far, focusing on a simple world wide goal: picking up litter.

Theodore Roosevelt has been called one of the greatest conversationalists of all times putting 230 million acres of land into federal protection. Most of the National Forest in Idaho was created by Roosevelt.

An organization called The Theodores, hopes to not only fight the political apathy that they feel has been plaguing our society, but to keep our wild places truly wild. "Do what you can, with what you have, where you are," a quote from Theodore Roosevelt, is their guiding mantra. The Theodore's ultimate goal is to continue Roosevelt's legacy.

The Theodores is a grassroots organization connecting like-minded people around conservation projects and community building.

They are supported through printed merchandise sales and grants. To be a part of this movement, they ask you to simply wear or bring your Theodores screen printed item and do a clean-up. Start small. If you see trash on your favorite walk or hike, pick it up, plant your Teddy flag, and post a picture to their Facebook page or website www.thetheodores.org. It can be done individually or in a large group.



INFO

www.thetheodores.org

In 1995, the Idaho Hall of Fame Association held their first annual Hall of Fame Banquet and Induction Ceremony in Pocatello, Idaho where they officially inducted the following people into Idaho's Hall of Fame:

Joe Albertson
William Borah
Philo T. Farnsworth
Vardis Fisher
Chief Joseph
Harmon Killebrew
Patrick McManus
Harry Morrison
Sacajawea
J.R. Simplot
Lana Turner

Past inductees from Kootenai County include:

Empire Airlines
Hospice of North Idaho
Human Rights Education Institute
John and Tom Richards of Idaho Forest Industries
Scott and Mary Lou Reed
The Schneidmiller Family (Nanny and Gladys and son Gary)
Mayor Sandi Bloem
Norm Gissel
Duane Hagadone
Denny Hague
Frank Henderson
John McHugh
Charlie and Susan Nipp
Bob Potter
Louise Shadduck
Ernie Stensgar
Tony Stewart
Bob Templin

Idaho Hall of Fame Inducts Two Non-Profit Organizations

Heritage Health and the Kootenai Humane Society were inducted into the Idaho Hall of Fame this year.

Established in 1985, the Idaho Hall of Fame began with an idea from a Payette, Idaho business man named George Klenck, Jr. to honor one of America's finest sports heroes, and a Payette Idaho native, baseball great Harmon Killebrew. Although the monument to Killebrew didn't materialize, the concept of a Hall of Fame to honor all of Idaho's citizens' achievements was born.

The mission and goal of the Idaho Hall of Fame, a non-profit organization, is to identify those individuals, businesses/corporations, and non-profits throughout Idaho who have made a positive impact on their communities, the state of Idaho, the Nation, and in many cases, the world.

The IHF slogan: "Idahoans on loan to the world."

The IHF slogan describes a quest spanning over 30 years to introduce the greats of Idaho's past and present to the greatest resource Idaho has to

offer—its youth.

The 11 member IHF Board spends the off years to research and consider nominations for induction into the Idaho Hall of Fame. On even numbered years they travel the state for the induction of those who have been chosen for induction. As of 2016, there are approximately 200 members of the Idaho Hall of Fame.



Tony Stewart Inductee to the Idaho Hall of Fame and current board member. Mike Baker, Executive Director of Heritage Health, and Freeman Duncan, Idaho Hall of Fame board member.



Kootenai Humane Society Board President, Cindy Edington, left, and Kootenai Humane Society Executive Director, Debbie Jeffrey, 2016 Inductee

Sergeant Greg Moore Memorial

K27 FOREVER THIN BLUE LINE MEMORIAL RIVER FOR FALLEN OFFICERS



This community lost one of its own, Sergeant Greg Moore, in May of 2015. The tragic and violent death of Sergeant Moore left us with one fewer officer committed to the service of others, and a young family without a father

and husband. The community is rising together to create a place that will allow residents and visitors to remember and meditate on the sacrifices made by our men and women in blue.

To honor Greg and all fallen officers across the nation, a Thin Blue Line Memorial River is being constructed in McEuen Park. The waterscape will include three waterfalls "Respect," "Honor," and "Remember" with pools of water, and 18 benches nearby for people to relax and reflect. The waterway will be lit by blue LED lights in the evening.

Donations can be made to k27forever.com



"A Thin Blue Line" Memorial River in honor of K27 and all fallen heroes.



SHARED WORK SPACE A POPULAR POD OFFICE CONCEPT

Multiple businesses in one facility isn't a new idea. Medical, professional, and business complexes have existed for years. What's changing is the fashion in which these work spaces interact and collaborate.

Innovation Collective - IC:Work at 408 Sherman and The Den, opening 2017

A savvy, tech based co-work space in downtown Coeur d'Alene boasts the innovative side of open concept, shared space, design and creative oriented, collaborative working environments. Space is leasable by the day, desk, month, and other terms ranging from \$35 to \$255 per month (with memberships and other add-ons) at their 408 Sherman underground location. Opening soon is an expanded, remodeled building tagged as "The Den." Work space is being developed to allow for connecting to leaders and sharing industry resources, with its pricing based on additional services and experience provided (summits, education, networking etc.) rather than square footage alone. The mutual success of all participants is based on them following "the Den Commandments" which ensures a progressive, kind, and respectful culture or they're out. Info: innovatecda.com

Cd'A Chamber of Commerce and Visitor Center Building

The building is home to six non-profit organizations (in addition to the CD'A Chamber staff space) on the main floor. Space for offices with doors and larger meeting areas and cubicles are priced separately. Minimum one-year leases include use of office machines, common reception area, and ability to schedule available conference rooms start at \$350 plus utilities/overhead. Currently they are near capacity with possible additional cubicle spaces available. The organization doesn't speak to governance of behavior in their lease but expects professionals to "act professionally." The facility has no staff parking, is located downtown within walking distance of events, restaurants, and The Coeur d'Alene Resort. The building also houses two commercial spaces in the daylight basement that have negotiable lease terms. Info: www.cdachamber.com

The Hub

New in 2017. A membership organization that offers co-work space for small businesses, largely non-profit or non-profit supporters. The facility is in midtown with off street parking and smaller work spaces. Space for up to 6 organizations with 1- 2 staff members (or multiple spaces per organization with more staff or space constraints) is leased by sq. ft. starting at \$300. Minimum one-year lease includes all utilities, internet, maintenance and some technical support, outreach and consulting services. Info: www.nifamily.com

St. Vincent de Paul H.E.L.P. Center

St. Vincent de Paul has created a "one stop" center to provide crucial services to the homeless and those in need in North Idaho all under one roof. The H.E.L.P. Center is central to overall operations.

Some agencies are programs by St. Vincent de Paul, others are nonprofits that reside within the H.E.L.P. Center to service the homeless mission.

This approximately 10,000 square foot building facility (and nearby properties), are home to the following services/programs:

- St. Vincent de Paul's administrative offices
- 1st Impressions (for job seekers)
- Art on the Edge
- Case Management
- Father Bill's Kitchen
- Harger House
- ICARE Parent Resource Center
- Legal Link
- Payee Services
- Rapid Re-Housing
- Rent & Utility Assistance
- Trinity Group Homes
- USDA Child Care Food Program
- Veterans' Services
- Warming Centers (Post Falls & Coeur d'Alene)

Working in this community, collaborating with other homeless serving agencies, and being intimately involved with the City of Coeur d'Alene's 10 Year Plan to End Homelessness, the St. Vincent de Paul's H.E.L.P. Center brings together many of the common services needed by those who are homeless or in need.



AMERICAN INSTITUTE of CLINICAL MASSAGE

A branch campus of New York School for Medical and Dental Assistants

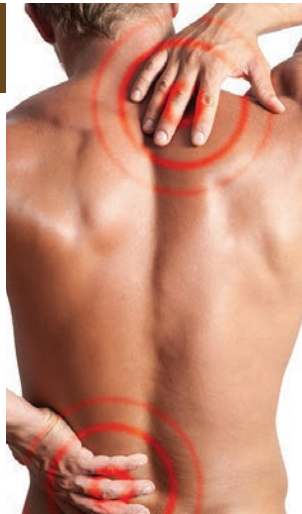
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Heritage Health Open Enrollment

Nov 1st - Jan 31st



myheritagehealth.org

Our Enrollment Counselors are here to answer your questions and help you find the program that works best for your family.

Heritage Health is here to help you navigate this year's open enrollment period. Learn about your insurance options and take the next steps to get enrolled.

Scheduling will begin October 15th.

To schedule an appointment, please call 208.620.5220 or email us at Outreach@myheritagehealth.org.

Open enrollment will be from
November 1st through January 31st

Don't wait until the last minute!
Schedule your appointment now.
208.620.5220



COMMUNITY

Our Community **AT A GLANCE**



NEW DIRECTOR OF NORTH IDAHO CENTENNIAL TRAIL FOUNDATION

Theresa MacLennan was named the new Executive Director of the North Idaho Centennial Trail Foundation. MacLennan moved to the Coeur d'Alene area in July 2016. She was previously spent five years as the Executive Director for Garrett Trails in Garrett County, Maryland.

PROFESSIONAL NONPROFIT LEADERSHIP CLASSES

Fall Classes run September 20 through November on a variety of topics designed to support the leadership and training needs of staff and board members of nonprofit organizations throughout North Idaho. All Fall classes will be held at the HREI building, located at 414 West Fort Grounds Drive in Coeur d'Alene. Infor at uidaho.edu/cda/outreach/nonprofit

SAFE PASSAGE OF IDAHO NEW HIRE

Kristine Jeske-Miller joined Safe Passage (North Idaho's only non-profit violence prevention center) as their first Development & Communications Director. Jeske-Miller was formerly the Director of Outreach at Turning Winds Academic Institute, and Admissions Director for Innercept, LLC.

NEW BOYS & GIRLS CLUB LOCATION & DIRECTOR

Boys & Girls Club of Kootenai County celebrated the grand opening of the Lola & Duane Hagadone Club in Coeur d'Alene on September 9th. Jaymee Paul, who was the Jordan Johnson Site Director in Post Falls, has been named as the Site Director for the new Coeur d'Alene Location at 925 N 15th St next to Lakes Middle School.

NEW DEVELOPMENT DIRECTOR AT CHILDREN'S VILLAGE

Virginia Shawver is joining Children's Village as the new Development Director. Shawver comes from the Coeur d'Alene School District where she served as an AmeriCorps/VISTA for CDA4Kids and Homeless Education Programs. She is excited to work with the community building partnerships that will impact children's lives in a positive way and give them hope.

NEW MEMBER:

INTEGRATION FOR PERFORMANCE

Integration for Performance offers Holistic Health Care, Brain Integration and Physiology, BioEnergetic Medicine, and Quantum Reflex Analysis, and more. Info at goseediane.com



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EdInfoCenterCDA.com

**Links to Regional Education Information
from Birth through Retirement**

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- ☒ **Use It**
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**ANSWERS FROM
PRE-KINDERGARTEN
TO CAREER
TRAINING AND
BEYOND!**



Tutors

Local Scholarships 

Specialty instruction

Dual enrollment

Second career

Recertification

College counseling

News blogs

Professional Tech

Preschool options

Education savings plans

Drivers training

Home school standards

Career planning

Glossary of terms

School district links

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**NORTH IDAHO
HIGHER EDUCATION**
NIC LCSC UI BSU ISU



FOCUS ON GRADUATION

CLASS OF 2017

The countdown to graduation for the Class of 2017 has begun!

We've compiled a list of some of the most asked-for resources to help navigate this final year.

HIGHLIGHTS:

GRADUATION REQUIREMENTS

Minimum total credits required for graduation in Idaho is 46... View the state requirements as well as additional information listed by school.

APPLYING TO COLLEGE

Direct Admissions -- What it is, why it's important, and what to do next

The Common Application," (aka "Common App")

- College application week
- Preparing for college campus visits
- Sample high school resume, and more...

PAYING FOR COLLEGE

Visit edinfocentercda.com/Pay-for-School/North-Idaho-Scholarships for the most comprehensive list of local, state & regional scholarships

- NEW! FAFSA has changed for the 2017-2018 Academic year! New application date & important information about tax returns
- Scholarship deadlines (Many in February & March!)
- Work/Study programs, and more...

AP CREDITS, TRANSFER CREDITS, DUAL ENROLLMENT

- Navigate the transfer of credit across Idaho institutions at idtransfer.org
- "Recovery" and online credits at idahodigitallearning.org
- Advanced learning opportunities: Advanced Placement (AP), Dual Enrollment, College-Level Equivalency Program (CLEP), and CTE Advanced Opportunities (Professional Tech / PTE)
- IMPORTANT! FUNDING for Advanced Learning classes & exams is available via the ID State Board of Education's Fast Forward Program.
- What's the difference between AP and Honors classes?
- How is AP Curricula determined?, and more ...

Find the complete guide at

edinfocentercda.com/High-School/Ready-for-Graduation

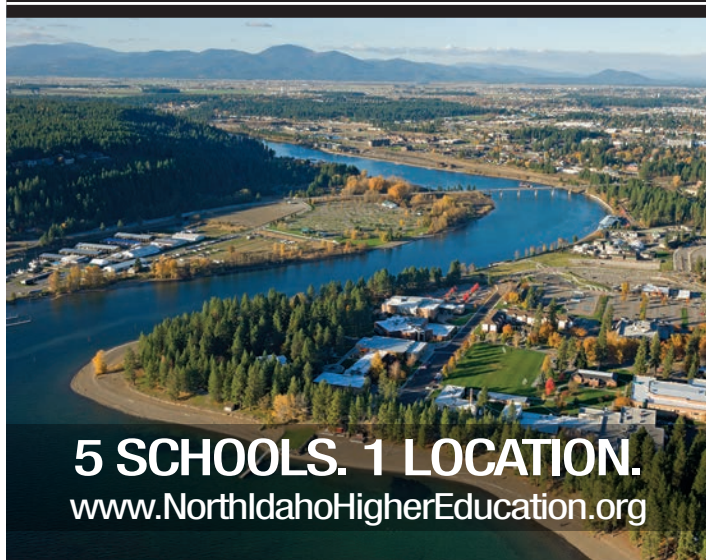
FREE Online Public Schools in Idaho

Idaho offers resident students the opportunity to take online public school courses for free. Below is a list of tuition-free online schools serving elementary and high school students in Idaho. These schools meet the following qualifications: classes are available completely online, they offer services to state residents, and they are funded by the government. The schools listed include charter schools, state-wide public programs, or private programs that receive government funding.

- Idaho Digital Learning Academy
idahodigitallearning.org
- Idaho Distance Education Academy
idahoidea.org
- Idaho Virtual Academy
idva.k12.com
- Idaho Technical Career Academy
itca.k12.com
- Idaho Connections Academy
connectionsacademy.com/idaho-online-school
- iSucceed Virtual High School
isucceedvhs.net
- Richard McKenna Charter High School
rmckenna.org

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UNIVERSITY

BOISE STATE UNIVERSITY

Lewis-Clark
STATE
COLLEGE



North Idaho College

University of Idaho
Coeur d'Alene



Local opportunity for Computer Science Degree

University of Idaho Coeur d'Alene

d'Alene campus now offers a B.S. In Computer Science. Lower division courses are offered at North Idaho College. UI courses are offered live with local instructors.

Beginning in the fall of 2016 University of Idaho's Coeur

A survey is in progress to assist the University of Idaho, Coeur d'Alene in designing computer science and information technology educational programs to best meet the needs of future students. Take the survey at goo.gl/pAkry3. For more information contact Karen Thurston at kthurston@uidaho.edu.

Ability App™ Can Help Disabled People Navigate the World

Alexander Knoll, a fourth grade Invent Idaho State Best of Show winner who received national and international attention for his "Ability App," has continued to garner attention and awards over the past year. In July, he won the \$500 youth award and the \$500 UI College of Engineering Scholarship as a part of the On-The-Spot Awards at the CDA 2030 Annual Celebration.

According to Alexander's website, "Ability App is a free app or website that helps people with disabilities and their caregivers navigate public spaces, find safe reliable services, and employment opportunities. The goal of Ability App is to improve the lives of all people with disabilities by giving them the resources to make informed decisions."

Funds are being sought to fully develop the application. For more information visit www.abilityapp.org



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25 Fun Things For Kids To Do

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





Just between friends

The Just Between Friends Sale is a semi-annual event held each spring and fall at the Kootenai Fairgrounds. Over 250 families participate as sellers in the consignment event, selling items such as kids' gently used clothing (infants-juniors), maternity clothing, toys, books, games, baby gear, sporting goods, and more. Consignors prep, price, and drop off the items and earn a percentage from the sale (Consignors earn 65% and there is a \$12 fee instead of a percentage). Each sales event benefits a local charity partner that helps families within the community. Consignors have the option to donate unsold items to the local charity partner (Inland NW SIDS for the October sale), or pick up their items when the sale ends.

Buyers save 50-90% off retail prices plus enjoy one-stop-shopping convenience at one location.

Tyona Albrecht, owner of the North Idaho and Spokane Just Between Friends (JBF), purchased the franchises in October of 2007 from a previous owner who introduced the concept to the area. "I hear so many stories at each sale about how families don't know what they would do without JBF to help make ends meet," Albrecht says. "I am so proud and humbled for all the wonderful things JBF has done in Spokane and North Idaho."

This year's event will be October 21-23rd, with pre-sale opportunities for consignors and volunteers on October 20th. Admission is \$5 (Kids under 18 are free) on Friday and Saturday, and Sunday is free admission for all with many items marked at half-price.



www.nidaho.jbfsale.com
Jacklin Building,
Kootenai Fairgrounds



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Play and Party
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Conveniently
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under
2 are
always
FREE
with paid
sibling**

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Many unsold items donated to INW SIDS.

Delicious and festive non-alcoholic "Mocktails" for the holidays



Mocktail Tips

- Order a mocktail (A Virgin Mojito, for example). When you're nearly finished, ask server to refill your glass with club soda. This Makes a delicious, satisfying second round and also saves on calories.
- In Coeur d'Alene, Seasons, Capones, Moose Lounge and 315 Tapas & Martini Bar can serve up a variety of mocktails. Bistro on Spruce has a spicy huckleberry jalapeno mocktail ... delicious and packs a little heat!

I am a very social person, and much of my adult social life was spent sharing time over cocktails with friends. Last year, I opted to shift away from the alcohol portion of my drinks. What I found is that there are few places that offer lovely, custom non-alcohol beverages beyond soft drinks (or pop as it's called in the Midwest where I grew up), juice, or water.

However, any restaurant or venue with a full bar can take any cocktail and turn it into a "mocktail," a non-alcoholic version of a cocktail. When reading a cocktail menu, it's easy to find options where the alcohol can be replaced with club soda and a little simple syrup (or, for those of you who lead a no-sugar lifestyle, just stick with the club soda). And if you're entertaining at home, the possibilities are endless.

With the holidays almost upon us, there are even more opportunities to be out with friends or co-workers to celebrate the season. Alcoholic beverages are full of calories and impact blood sugar. Switching to mocktails, or at least alternating between the two, can help mitigate the negative effects. And in the end, a virgin mojito is just as tasty as an alcoholic version.

Guest Submission by Eden Irgens, CoFounder and Client Partner at RANGE





COMING SOON ...

Boutique Thrift Sale Fundraiser

Check NIFG.org for the latest updates



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Fall & Winter ★ Fundraisers ★ Festivals ★ Fun

September 10 Boys & Girls Club Annual Gala Fundraiser
THE COEUR D'ALENE RESORT
www.northidahobgc.org or 208-457-9089

September 10 "Save the One" SPAN North Annual Suicide Prevention Walk
CITY PARK AT THE ROTARY BANDSHELL

September 11 2016 Walk to End Alzheimer's
MCEUEN PARK, COEUR D'ALENE
Raises awareness and funds for Alzheimer's care, support and research. www.act.alz.org/NorthIdaho

September 17 Bike MS at Silver Mountain Resort
SILVER MOUNTAIN RESORT, KELLOGG, ID

September 17 Walk to Defeat ALS
RIVERSTONE PARK, COEUR D'ALENE

September 18 Coeur d'Alene Race for the Cure
NORTH IDAHO COLLEGE
Register at www.komenidaho.org. Join us in the fight against breast cancer!

September 22 United Way of North Idaho's 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 unitedwayofnorthidaho.org/dayofcaring

September 22 Coeur d'Alene Craft Beer & Cookie Fest
MIDTOWN BLUEBIRD, 815 N 4TH
Inaugural Coeur d'Alene Craft Beer and Cookie Fest. Includes tasting mug, four pours and hors d'oeuvres. Supporting Girl Scouts of Eastern Washington and Northern Idaho. 21yo + event.

September 23- September 24 Coeur d'Alene Oktoberfest
DOWNTOWN COEUR D'ALENE
Live entertainment, German food, activities for the entire family and harvest brews! Tickets at the Resort Plaza Shops.

September 24 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

September 25 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.

September 30 Heritage Health Golf Tournament
AVONDALE GOLF CLUB, HAYDEN, ID
www.myheritagehealth.org/events

September 30 Bras on Dudes
COEUR D'ALENE EAGLES
Live Bra Auction and Fashion Show. Proceeds benefit cancer patients in North Idaho

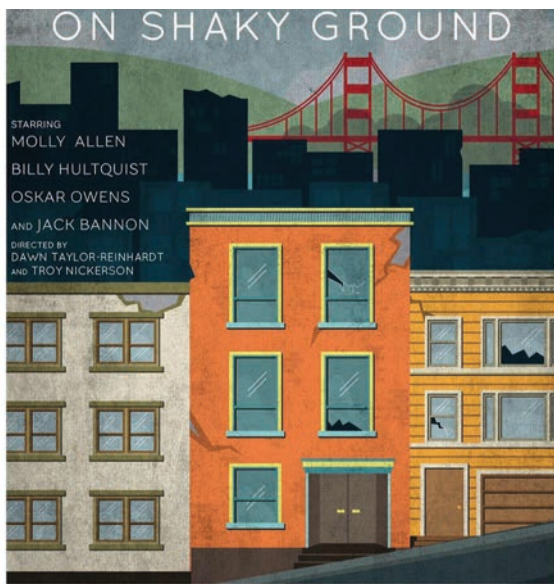
October 1 Boots & Pearls: A Lutherhaven Hootenanny with a Purpose.
CAMP LUTHERHAVEN
An evening of fun and generosity supporting the Lutherhaven Fund, making camp available to ALL children regardless of ability to pay.

October 1 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.

October 2 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

October 6 CASA Un-Corked Benefit
HAGADONE EVENT CENTER
www.northidahocasa.com

October 7 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. www.familypromiseni.org



SEPTEMBER 16-18, 23-25, 30 & OCTOBER 1-2

Ignite! Community Theatre and Ellen Travolta present "On Shaky Ground", a new play written by radio personality Molly Allen of Dave, Ken and Molly in the Morning, 92.9 ZZU.

The play takes place in an apartment house in San Francisco. A grandfather and grandson are struggling with the generation gap. Next door a troubled couple is splitting up. A natural disaster forces them to deal with loss, fear, and disconnection. With humor and honesty they try to find their way back to each other.



"On Shaky Ground" stars Jack Bannon, Oskar Owens, Molly Allen and Billy Hultquist, and is directed by Dawn Taylor-Reinhardt and Troy Nickerson.

Fall & Winter ★ Fundraisers ★ Festivals ★ Fun

Harvest & Holiday Fun

Scarywood Haunted Nights

Sept 30 – October 29

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

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

Holiday Light Show Cruise to the North Pole

November 26 - January 1

Departures are scheduled several times each evening beginning Saturdays, in late November 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 9-23, 2016

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.
www.traditionsofchristmasnw.com

- October 8** **Chili Cook-off & Dog Walk**
STARTS AT KHS & ENDS AT NORTH IDAHO CIDER
www.kootenaihumanesociety.com
- October 14** **Maison de Couture - 'Fashion House' benefit for St. Vincent de Paul**
COEUR D'ALENE RESORT
www.stvincentdepaulcda.org
- October 15** **Junk2Funk Eco-Fashion Show - benefit for Kootenai Environmental Alliance**
COEUR D'ALENE EAGLES
- October 19** **A Martini Affair - benefit for Safe Passage ID**
SEASON'S, COEUR D'ALENE
Buffet dinner & beverage, auction
- October 22** **3Cs (Cancer & Community Charities) Annual Fall Fest Hoedown**
BEST WESTERN CDA INN
Live and silent auction and entertainment. www.ccc-northidaho.org
- October 27** **Emerge Day of the Dead Fundraiser**
DOWNTOWN COEUR D'ALENE
www.emergecda.org
- October 31** **Heart of the City Church Festival**
KOOTENAI FAIRGROUNDS
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 12** **EXCEL Foundation Big Event**
BEST WESTERN COEUR D'ALENE INN
Social hour, tailgating, raffles and live and silent auctions.
- November 17** **St. Vincent de Paul Annual "Souport" the End of Homelessness**
11:30 A.M. KOOTENAI COUNTY FAIRGROUNDS
Benefits St. Vincent de Paul Coeur d'Alene
www.stvincentdepaulcda.org
- November 25** **Christmas Parade & Lighting Ceremony**
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 25-** **Kootenai Health Foundation's Festival of Trees**
November 28 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
- December 3** **12Ks of Christmas to Benefit High School Music Programs**
DOWNTOWN CDA
This is the festive run with Christmas music at every "K" provided by local High School Musicians. All proceeds benefit High School Music Programs in Coeur d'Alene.
- December 23** **Santa's Schweitzer Visit Schweitzer Mountain**
Santa's Traditional Schweitzer Visit. Santa hits the slopes and then stops off at the Selkirk Lodge on Christmas Eve. Schweitzer.com.



The Dogs of Fall Fest

Schweitzer's dog-friendly Fall Fest 2016 in Sandpoint.



Photos courtesy of Kody Wright, Coeur d'Alene



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.



Senior Fitness. It's trending now!

No matter what your age, it's important to be active.



Being active as we get older is especially important and can make you feel and look better... and can add years to life.

All it takes is at least 30 minutes of activity, such as a brisk walk, on most days of the week, to give you:

- more energy
- better sleep
- stronger muscles
- improved balance, which means less risk of falls.

Being active is great fun and can also:

- keep joints mobile
- reduce stress
- lower blood pressure and cholesterol
- help manage diabetes
- help manage pain and weight
- improve concentration
- improve memory and mood.

What kinds of activity should I do?

The best activities are the ones you enjoy doing. So find active things you like to do and start with them. Here are a few tips:

- Balance & Strength - Keep using your muscles. When you have strong muscles you can continue doing the things that you enjoy.
- Everyday Activities - Gardening, walking, dancing and swimming are just some ideas.
- Don't sit for too long! - It's also important to not sit for too long during the day, even if you have been active for the recommended 30 minutes. Break up sitting time by changing posture and getting up for short breaks.

Edited for Space. Credit: "Fitness and Exercise for older adults," www.sahealth.sa.gov.au

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Could your child be struggling with an undiagnosed learning disability?

Here are some common signs to watch for at school & home while doing homework

- easily distracted
- class clown – the distractor!
- incomplete assignments
- making excuses or lying about homework
- complaining about being tired or hungry when it's time to do homework
- whining, acting out, negotiating
- resting head on arm or table
- slumped posture when reading or writing
- subvocalizing when reading directions
- tracing the words with a finger in order to read

We learn what we like & dislike, subconsciously keeping a record in the hippocampal region of our brain. Simply, we do things for pleasure or to avoid pain.

- REWARD: that worked: I got attention! I got affection! I got what I needed!
- PUNISHMENT: That was too much work! I will avoid that from now on!

Adults have the cognitive awareness to know every unpleasant task can't be avoided. A child, however, does not have a fully developed frontal lobe to override those tugs from the emotional center of the brain that warn her to avoid unpleasant things and that is where problems arise.

When your child says she hates to read, what she is really saying is that the last time she tried to read, it was hard and she will avoid that task from now on.

Not every learning disability is as obvious to notice like dyslexia or ADHD. That quiet polite child who isn't causing a ruckus may be silently struggling to learn. Sound like your child? your teenager? If so, further investigation may be in order.

Guest editorial by Diane Minkner, HHP



INFO

www.goseediane.com
208-991-8300

NORTH IDAHO FAMILY

M A G A Z I N E

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- ☐ **1/8 Page** (3.67" w x 2.25" h)

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1700	1500	1300
1500	1350	1200
800	700	600
500	475	450
300	275	250

Rates include standard production. Additional fees for unusual production.

Eating close to the ground

All mothers want the best for their children. Good nutrition and supporting local farmers can be a nurturing and learning fall family activity.

September 24: Market Fall Festival, Hayden Market, 9 to 1:30.

October 15: Customer Appreciation Day at the Market, Hayden Market, 9 to 1:30

October 29: Harvest Festival Downtown CdA Market /w Downtown Association.

December 3: Winter Market at the Fairgrounds.

Information at kootenaifarmersmarkets.org

"The act of putting into your mouth what the earth has grown is perhaps your most direct interaction with the earth."

Frances Moore Lappe



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PEACE & JOY

"Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving."

—W. T. Purkiser

Steve Gibbs & Chris Guggemos, two icons of the Coeur d'Alene arts and music scene, have both been diagnosed with illnesses recently. They have made an impact in our community for decades. As you count your blessings, keep these individuals in your hearts... and consider a donation this season.



Steve Gibbs:
www.youcaring.com/the-steve-gibbs-trust-fund-632888



Chris Guggemos:
www.gofundme.com/chrisguggemos

Get smart about antibiotics

By Andrea Nagel

KNOW WHEN IT'S BEST NOT TO USE ANTIBIOTICS

It never fails; when the kids go back to school, they are bound to come home with runny noses, coughs and sore throats at some point. As a parent, you want to keep your kids healthy and make them feel better, but there are times when treating ailments with antibiotics can hurt more than help.

According to the Centers for Disease Control (CDC), "When germs that cause colds first infect the nose and sinuses (air-filled pockets in the face), the nose makes clear mucus. This helps wash the germs from the nose and sinuses. After two or three days, mucus may change to a white, yellow, or green color. This is normal and does not mean you or your child needs antibiotics."

Other signs and symptoms of the common cold can include:

- Sneezing
- Coughing
- Mild headache
- Stuffy nose
- Post-nasal drip
- Mild body aches
- Sore throat
- Watery eyes

These symptoms usually peak within 2-3 days but can last for up to 10-14 days. See a health care professional if you or your child has symptoms that last more than 10 days without improvement, or the symptoms are severe or unusual. If your child is younger than 3 months and has a fever, it is important to call your health care professional right away.

WHAT IS ANTIMICROBIAL STEWARDSHIP AND WHY IS IT IMPORTANT?

Antimicrobial stewardship refers to coordinated interventions by health care providers designed to improve and measure the appropriate use of antimicrobials by promoting the selection of the optimal antimicrobial drug regimen, dose, duration of therapy, and route of administration. The goal of antibiotic

stewardship is that all patients receive the right antibiotic at the right time and only when necessary.

WHEN ANTIBIOTICS HURT

Antibiotics can only treat illnesses caused by bacteria. Colds, the flu, most sore throats, bronchitis, and many sinus and ear infections are caused by viruses, not bacteria. If your child has a viral infection, antibiotics won't help them feel better or get well sooner.

Taking antibiotics when they are not needed is fueling an increase in drug-resistant bacteria, which cause infections that are more difficult, and sometimes even impossible, to cure. Almost all types of bacteria have become less responsive to antibiotic treatment. These "superbugs" can quickly spread to family members, schoolmates and coworkers, and threaten our communities with illnesses that were once easily treatable. Combatting antibiotic resistance is a priority for CDC with estimates of more than 2 million resistant infections occurring annually in the United States alone.

PREVENTION IS KEY

The best way to stop these "superbugs" is to prevent germs from spreading in the first place. Hand washing is like a "do-it-yourself" vaccine—it involves five simple and effective steps (wet, lather, scrub, rinse, dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular hand washing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick.

Learn more about antibiotic use and disease prevention at cdc.gov/getsmart.

INFO

www.nwhospitalalliance.org

Cough. Sniffle. Sneeze. No Antibiotics Please.



Many common infections are becoming resistant to antibiotics. As a parent, ask questions to make sure your sick child is getting the best care possible, which might not include an antibiotic.

Antibiotics can be overused and misused. It is estimated that more than half of antibiotics are unnecessarily prescribed to children in doctor office settings for cough and cold illness, most of which are caused by viruses.

What's got you sick?
For more information,
visit www.cdc.gov/getsmart

Illness	Usual Cause		Antibiotic Needed
	Viruses	Bacteria	
Cold/Runny Nose	✓		NO
Bronchitis/Chest Cold (in otherwise healthy children & adults)	✓		NO
Whooping Cough		✓	Yes
Flu	✓		NO
Strep Throat		✓	Yes
Sore Throat (except strep)	✓		NO
Fluid in the Middle Ear (otitis media with effusion)	✓		NO
Urinary Tract Infection		✓	Yes



Kootenai Health • Benewah Community Hospital • Bonner General Health
Boundary Community Hospital • Shoshone Medical Center

The Northwest Hospital Alliance is a network of hospitals devoted to improving the health status of our communities by providing a collaborative approach to regional health care delivery. Our role is to coordinate strategies, relationships and services that will improve delivery, access and quality, of healthcare in our member communities.

Be Smart Around Lead, Play Clean!

Lead and other metals are found in the soil along the Coeur d'Alene River, its South Fork, and the Chain Lakes.

- Wash hands and face before eating.
- Bring water for all personal use. *Don't use filtered river water.*
- Eat on a table or blanket in grassy areas.
- Limit children's hand-to-mouth contact.
- Remove dirt on clothes, toys, pets, and equipment before leaving.

RECREATE SAFELY

- Recreate in designated areas and stay on trails.
- Wear dust covering over mouth and nose when riding off-road trails.
- Follow fish consumption advisories. It is best to eat fillets only.
- Do not harvest edible plants from floodplain areas.

Know your child's blood lead level through simple blood testing

Panhandle Health District: (208) 783-0707

Know how to reduce your child's exposure to lead in soil

Idaho DEQ: www.deq.idaho.gov/PlayClean



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Coeur d'Alene Region
Panhandle Health District



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SERVICE DIRECTORY

This is a partial list of services provided by members of the North Idaho Family Group and select immediate needs providers. All area codes are 208 unless specified. Visit www.niservicesdirectory.com for an ongoing and updated list of North Idaho Immediate & Basic Needs service providers.

Child/Youth - Services/Support

1st Judicial CASA Program | 816 E Sherman | Coeur d'Alene, ID | 667-9165
www.northidahocasa.com

* American Childhood Cancer Organization Inland Northwest | PO Box 8031
Spokane, WA | 509-443-4162 | www.acco.org/inlandnw

* Idaho Youth Ranch/Anchor House | 1609 N. Government Way
Coeur d'Alene, ID | 667-3340 | www.youthranch.org

Camp Fire Inland Northwest | 524 N. Mullan | Spokane, WA | 509-747-6191
www.campfireinc.org

* Idaho Youth Ranch | 2201 Government Way, Suite J | Coeur d'Alene, ID
667-1898 | www.youthranch.org

Civic/Volunteer

* Human Rights Education Institute | 414 Mullan Ave | Coeur d'Alene, ID
292-2359 | www.hrei.org

Crisis Intervention

Emergency, Fire & Police | 911

Child Protective Services | 1120 Ironwood Drive | Coeur d'Alene, ID
855-552-5437 | www.healthandwelfare.idaho.gov

Children's Village | 1350 W. Hanley Ave. | Coeur d'Alene, ID | 667-1189
www.thechildrensvillage.org

ICARE | 201 E. Harrison Ave | Coeur d'Alene, ID | 676-1515
www.icareforchildren.org

Domestic Violence Hotline | 664-9303

Idaho Poison Control Center | ID | 800-222-1222

Idaho Suicide Prevention Hotline | 800-273-8255

Kootenai County Crisis Hotline | 664-1443

Kootenai County Sheriff | 466-1300 or 911

National Center for Missing and Exploited Children | 800-843-5678

Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D
Coeur d'Alene, ID | 625-4884 | www.nicrisiscenter.org

Post Falls Police Victim Services Unit | 1717 E. Polston Ave. | Post Falls, ID
773-1080 | www.postfallspolice.com

Rape Crisis Line | 661-2522

* Safe Passage | 850 N. 4th St. | Coeur d'Alene, ID | 664-9303
www.safepassageid.org

Education - Adult

* American Institute of Clinical Massage | 4365 Inverness Drive, Post Falls, ID
773-5890 | www.aicm.edu

* Inland Northwest Food Network | Coeur d'Alene, ID | 546-9366
www.inwfoodnetwork.org

* North Idaho College | 1000 W. Garden Ave. | Coeur d'Alene, ID | 769-3315
www.nic.edu

* North Idaho Higher Education | www.northidahohighereducation.org

* North Idaho College Workforce Training & Community Education | 525 W.
Clearwater Loop, Post Falls | ID | 769-3222 | www.nic.edu/wtcc

University of Idaho | 1031 N. Academic Way, Suite 242 | Coeur d'Alene, ID
667-2588 | www.uidaho.edu

Education - Child

* Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.
Coeur d'Alene, ID | www.cdaschools.org

* Gizmo-CDA | 806 N 4th St, Coeur d'Alene, ID | 651-6200
www.gizmo-cda.org

* Immaculate Conception Church & Academy | 495 N. Lincoln Street
Post Falls, ID | 208-773-7442 | www.sspx.org

* Iris' House Pre-School & Childcare | 410 N 20th St | Coeur d'Alene
208-667-3785

* KTEC-Kootenai Technical Education Campus | 6838 W. Lancaster Rd.
Rathdrum, ID | 208-712-4733 | www.ktctraining.org

* Lake City Jr Academy | 111 E Locust Ave | Coeur d'Alene, ID | 667-0877

* LAM Christian Academy | 4800 N. Ramsey Road | Coeur d'Alene, ID
208.765.8238 | www.lamcda.org

Mountain States Early Head Start | 411 N. 15th St, Ste 200 | Coeur d'Alene, ID
765-6955 | www.msehs.org

North Idaho College Head Start | 411 N. 15th St, Ste 103 | Coeur d'Alene, ID
765-6755 | www.nicheadstart.org

* Stories with Stewy | Coeur d'Alene, ID | 660-8529
www.storieswithstewy.com

Family Services

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

Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise, ID | 800-926-2588
www.idahocareline.org

* Coeur d'Alene Parks Department | 710 E. Mullan Ave. | Coeur d'Alene, ID
769-2252 | www.cdaidparks.org

Department of Health and Welfare | 1120 Ironwood Drive | Coeur d'Alene, ID
769-1409 or 2-1-1

* Idaho Child Welfare Research & Training Center | 2005 Ironwood Parkway,
Suite 200 | Coeur d'Alene, ID | 800-745-1186 | www.icwrtc.org

* Luke Malek | Idaho State Representative | 208-661-3881
www.lukemalek.com

Panhandle Area Council | 11100 Airport Drive | Hayden, ID | 772-0584
www.pacni.org

Healthcare

After Hours Urgent Care | 1300 E. Mullan Ave. | Post Falls, ID | 777-1157
www.nifp.com

Heritage Health (formerly Dirne) | 1090 Park Place | Coeur d'Alene, ID
292-0292 | www.myheritagehealth.org

* Hospice of North Idaho | 9493 N Government Way | Coeur d'Alene, ID
691-6996 | www.honi.org

* Kootenai Health | 2003 Kootenai Health Way | Coeur d'Alene, ID | CdA
667-3742, PF 619-4100, SP 263-6763 | www.kootenaihealth.org

Kootenai Urgent Care | 700 Ironwood Dr., Ste 170E | Coeur d'Alene, ID
667-9110 | www.kootenaiurgentcare.com

* Diane Minkner HHP | Brain Integration & Physiology | 2065 W Riverstone
Drive Suite 207 | Coeur d'Alene, ID | 991-8300 | www.goseeDiane.com

Panhandle Health District | 8500 N. Atlas Rd. | Hayden, ID | 451-5100
www.panhandlehealthdistrict.org

* Shriner's Hospital for Children | 911 W. 5th Ave. | Spokane, WA
509-455-7844 | www.shrinershospitalsforchildren.org/spokane

* Spoelstra Family Chiropractic | 370 E. Kathleen Ave, Ste 600
Coeur d'Alene, ID | 667-7434 | www.cdahealth.com

Healthcare - Mental

* ACES Community Services | 1700 Schneidmiller St | Post Falls, ID
619-0190 | www.aces-id.com

* ACES Community Services | 1417 N. 4th St. | Coeur d'Alene, ID
292-2188 | www.aces-id.com

Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Coeur d'Alene, ID
625-4884 | www.nicrisiscenter.org

Northwest Behavioral Health | 1612 N. 3rd St. | Coeur d'Alene, ID | 765-4509

Misc.

* Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Coeur d'Alene, ID
765-8600 | www.cytnorthidaho.org

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

* Elite Auction | PO Box 1354 Hayden, ID 83835 | 208-640-7449
www.eliteauctioninc.com

- * Godwin Marketing & Communications | 1002 N. 2nd St. | Coeur d'Alene, ID 640-6514 | www.GodwinMarketingCommunications.com
- * Jump for Joy | 250 West Dalton Ave | Coeur d'Alene, ID | 208-664-5200 www.jumpforjoycda.com
- * Kagey Company | 1048 N 3rd St | Coeur d'Alene, ID | 667-2314
The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course Rd. | Coeur d'Alene, ID | www.kroccda.org

Pet & Animal Services

- Coeur d'Alene Animal Control | 5500 N. Government Way | Coeur d'Alene, ID 446-1300 | www.kcsheiff.com/animalcontrol.html
- * Coeur d'Alene Pet Resort | 125 E Hazel Ave | Coeur d'Alene, ID | 667-4606 www.cdapetresort.com
- Kootenai Humane Society | PO Box 1005 | Hayden, ID | 772-4019 www.kootenaihumanesociety.com

Religious/Fraternal

- * Heart of the City Church | 521 W. Emma Ave. | Coeur d'Alene, ID | 665-7808 www.heartofthecitychurch.org
- * Immaculate Conception Church & Academy | 495 N. Lincoln Street Post Falls, ID | 208-773-7442 | www.ssp.org
- Lutherhaven Camp/Ministries | 3258 W. Lutherhaven Rd. | Coeur d'Alene, ID 667-3459 | www.lutherhaven.com

Senior Services

- Adult Protection Services | 2120 Lakewood Dr. #B | Coeur d'Alene, ID 667-3179
- * Kootenai Health Senior Care Program | 2003 Kootenai Health Way Coeur d'Alene, ID | 625-5353 | khadult@kh.org

Social Services

- CAP Community Action Partnership Food Bank | 4144 Industrial Ave., Ste E Coeur d'Alene, ID | 664-8757 | www.cap4action.org
- * St Vincent de Paul | 201 E. Harrison Ave. | Coeur d'Alene, ID | 664-3095 www.stvincentdepaulcda.org
- * United Way of Kootenai County | 501 E. Lakeside Ave., Ste. 3 Coeur d'Alene, ID | 667-8112 | www.kootenaiunitedway.org

Special Needs

- * Imagine Behavioral and Developmental Services | 7905 Meadowlark Way, Ste C | Coeur d'Alene, ID | 762-1250 | www.imaginebehavior.com
- * Trinity Group Homes, SVDP | 201 E. Harrison Ave. | Coeur d'Alene, ID 664-3095 | www.stvincentdepaulcda.org

Substance Abuse-Recovery/Prevention

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

Support Networks/Groups

- * American Childhood Cancer Organization Inland Northwest | PO Box 8031 Spokane, WA | 509-443-4162 | www.acco.org/inlandnw
- * Inland NW SIDS Foundation | 103 South 4th Street | Coeur d'Alene, ID 208-557-4371 | www.inwsids.org
- * North Idaho Family Group Members



NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS - BASIC NEEDS - COMMUNITY RESOURCES

North Idaho Service Directory | Add or Update Service Directory Listing | Support the Services Directory

North Idaho Services Directory NOW ONLINE

For decades the community has needed a consistent, accurate and easily accessible resource for service providers. Recently it became an action item in the CdA2030 Community Visioning Plan, Item (C & I 4.3) "Develop and disseminate a Directory of Community Organizations."

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

It is a vital resource for first responders, who must quickly triage and assist individuals in crisis. Police & fire department personnel and other immediate needs providers can find the information they need in one location.

The database currently has about 600 agencies listed, primarily in Kootenai County and Region 1. However, hundreds more will be added, due to the opening of the Northern Idaho Crisis Center, which opened in December 2015 and serves the 10 northern counties. Website improvements for customized reporting, member login for agencies & funders, outreach & marketing, and database updates & maintenance are also planned.



www.niservicesdirectory.com

North Idaho Services Directory (Region 1)		
Advocacy/Political (2)	Clothing Bank (9)	Crisis Intervention (32)
Domestic Violence & Sexual Assault (11)	Education (18)	Emergency/Law Enforcement (35)
Faith-based (9)	Family Services (39)	Financial Assistance (3)
Food Bank (36)	General Assistance (17)	Government (16)
Healthcare (60)	Healthcare / Dental (5)	Healthcare / Rehabilitation (3)
Housing (26)	Job Services (24)	Legal (15)
Meal Site (30)	Mental Health (40)	Pregnancy (11)

Visit NIServicesDirectory.com to add or update your listing!



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