

**FREE**

Winter  
2017

# NORTH IDAHO **FAMILY**

Now in its  
™ 18th year!

M A G A Z I N E



**Hats off...  
to Hats!**

*plus*

**Coming June 9:  
Family Day in  
the Park**

**25 Fun Things to  
do for Winter**

**Hope on the  
Homefront**



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

**Kootenai Urgent Care**  
COEUR D'ALENE • HAYDEN • POST FALLS

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View the Program Guide & even more classes online at [kroccda.org](http://kroccda.org)

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

**208.667.2314**

Refer to ad on page 13.

**www.nifamily.com**

1048 1/2 N. 3rd St.

Coeur d'Alene, ID 83814

Email: sales@nifamily.com

#### ACKNOWLEDGEMENTS:

Cover photo by Jason Olsen, Jolsen Multimedia.

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## the Group North Idaho Family Scoop

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

Sign up today at [www.nifg.org](http://www.nifg.org)

# Welcome!

For over 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 ([niservicesdirectory.com](http://niservicesdirectory.com)) See pg. 22.
- Education Information Center ([edinfocentercda.com](http://edinfocentercda.com)) See pg. 6.
- 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.

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#### Hope on the Homefront

Services for families in need...

#### SAVE THE DATE:

**June 9: Family Day in the Park**  
 FREE participation.  
 Information on page 9

## 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](http://www.nifamily.com)
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

#### How to Join

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



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# Hats off... to Hats!



The origins of the multiple and varied uses of the hat are as vast as the styles and variations of the hat itself.

From ancient times, the utilitarian uses of covering the head to protect from dirt, vermin, and disease, as well as from heat or cold, to religious and status symbols, the head covering has had many interpretations.

Some Biblical references are interpreted to require men to not enter a holy place with their head covered in order to allow free flow of divine guidance into their mind. During medieval times, a knight who didn't remove his helmet indoors could be killed instantly, on the grounds he was a potential assassin.

---

Throughout the ages and cultures a head covering has carried a symbol of status.

In most monarchies, royals still wear a head covering as a symbol of status. As a show of respect, removing ones hat in the presence of someone of higher standing has been practiced since the renaissance.

As fashion evolved it dictated a new form of this show of greeting and respect. ... Emerge ... the "hat tip." By raising your hand to your hat brim, along with the appropriate depth of a nod, a proper greeting with show of respect was achieved without fully removing ones hat. This custom was capitalized upon by military regimes who later shortened this to the brim salute.

Beyond symbolism and fashion, hats as a clothing article can be misunderstood. Humans lose approximately 10% of body heat through their head and rely on the nervous system in their head to be the body's thermostat. Although it is largely a myth that going outside with wet hair will make you sick, an immune system weakened by working overtime to replace lost heat could make you more subject to contracting a virus.

If a hair dryer is used after a swim at the gym it could be counter-productive without the help of a hat. If the body is heated during a workout and then the head is heated by a blow dryer, the natural thermostats in the head could be short circuited, letting the body continue to release heat. Once the body is exposed to colder outside temperatures, there isn't time to regenerate valuable body heat that protects vital organs and immune system strength.

This is especially important in infants. Babies do not develop the ability to regulate their body temperatures until they're toddlers. They don't have the ability to shiver, so they can't warn caregivers of lower body temperatures indicating the need to warm vital organs. Their heads are specifically sensitive to cold as the human thermostats that regulates body temp is not yet fully developed.

The humble hat for health, fashion, and social status is a powerful tool. By removing it at the dinner table, or in church, or at formal events, this simple gesture can deliver a display of respect to elders, peers or new-found interests. It can't totally spare you from a winter cold, but can maintain overall health and most importantly, it is the simplest way to protect your baby from potentially severe consequences of the cold. This season's reminder, pull on the hat (or a hooded coat) when headed outdoors, most certainly on your infant. It's a tip worth living well by.

## Member Spotlight

# Coeur d'Alene Charter Academy – Excellence in Education

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

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

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

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

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

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



Coeur d'Alene Charter Academy  
[www.cdacharter.org](http://www.cdacharter.org)



EDUCATION

# Back to School ...



## For Parents!

Parenting is not easy! There are many resources in town to help parents navigate the complex and stressful world of parenting ... You're not alone!

- ICARE partners with parents to build stronger families. Classes are held at a variety of locations throughout the year.  
[www.icareforchildren.org](http://www.icareforchildren.org)
  - Nurturing skills for families
  - Nurturing Fathers
  - Love & Logic
- Heart of the City Church offers a class for parents of 9-16 year olds (no charge) [www.heartofthecitychurch.org](http://www.heartofthecitychurch.org)
- Mother's Haven offers a variety of classes such as Car Seat Safety, Signing with Baby, Sing with me, Infant CPR & First aid, and other classes and support groups.  
[www.mothershaven.com](http://www.mothershaven.com)
- READY! for Kindergarten is a program of classes for parents who have children ages 4 and 5. This program shares information about the lively early-learning years before a child enters school, which lays the foundation for all future learning. Classes are free to families in North Idaho, and free child care is provided.  
[www.unitedwayofnorthidaho.org/ready-kindergarten](http://www.unitedwayofnorthidaho.org/ready-kindergarten)

Visit [EdInfoCenterCDA.com/Parenting](http://EdInfoCenterCDA.com/Parenting) for more parenting & caregiver classes.

## CONNECT WITH YOUR KIDS!

Wonder what your kids are doing in school?

Bringing Up & Ready Rosie are ways to connect with your kids!

Parents of children in the Coeur d'Alene School District can sign up to receive emails or texts with ideas of quick activities you can do with your child at home, in the car, at a restaurant, etc.

All activities are related to what your kids are learning in the classroom – supporting learning at home will help your child be successful at school!

All it takes is 2 minutes a day.

Here's how:

- 1 Read a tip or watch a quick video
- 2 Do the interactive activity with your child
- 3 Learn: both child and adult grow

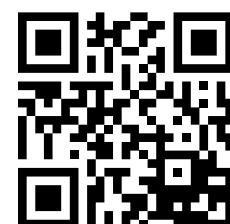
Access your free online subscription today!



And, it's easy! Scan the code or enter the URL below on your Smart Phone:



K-3RD GRADE PARENTS:



Or visit [bringingup.com/register](http://bringingup.com/register)



INFANTS THROUGH AGE 5 PARENTS:



or visit [readyrosie.com/register](http://readyrosie.com/register)



Anna Wilson  
Director of Title Programs, Coeur d'Alene School District  
208-664-8241 ext. 1047



Seniors! Parents! Counselors Educators!

Questions ... ? It's all HERE:

# EdInfoCenterCDA.com

Links to Regional Education Information  
from Birth through Retirement

- Bookmark It
- Use It
- Contact us for Help

**START HERE!**

Tutors  
[Local Scholarships](#)   
Specialty instruction  
Dual enrollment  
Second career  
Recertification  
[College counseling](#)  
News blogs  
Professional Tech  
Preschool options  
Education savings plans  
Drivers training  
Home school standards  
[Career planning](#)  
Glossary of terms  
School district links

Your Search for Regional Educational Information & Resources is Over!

**EdInfoCenterCda.com**

IT'S ALL HERE:



ANSWERS FROM  
PRE-KINDERGARTEN  
TO CAREER  
TRAINING AND  
BEYOND!

VISIONARY PARTNERS

**Knudsen**  
CHEVROLET 

**WM**  
WASTE MANAGEMENT

ignite  cda

NORTH IDAHO  
HIGHER EDUCATION



with additional support from Avista

# FREE SOFT SKILLS TRAINING AT NIC

North Idaho College, in partnership with Idaho Department of Labor, is offering FREE Soft Skills Training to serve youth, the unemployed, and incumbent workers. The curriculum, the Workplace Excellence Series, consists of ten, flexible modules designed to help people understand and deliver what employers demand today. Each module teaches the employer's perspective, practical skills, and the "bottom line" on a key topic so participants can increase their company and career success. The modules can be used as stand-alone topics or a series.

## TOPICS INCLUDE:

- Adaptability: Navigating success in the changing workplace
- Respectability: Thriving in the multi-generational workplace
- Communicationability: Verbal and non-verbal communication in the workplace
- Suitability: Fitting into the culture of the workplace
- Dependability: Maximizing your time in the workplace
- Transitionability: Making a smooth job transition
- Presentability: Displaying the image of your workplace
- Workability: Realities & expectations in today's workplace
- Reasonability: Managing your mindset in the workplace
- Writeability: Written communication in the workplace

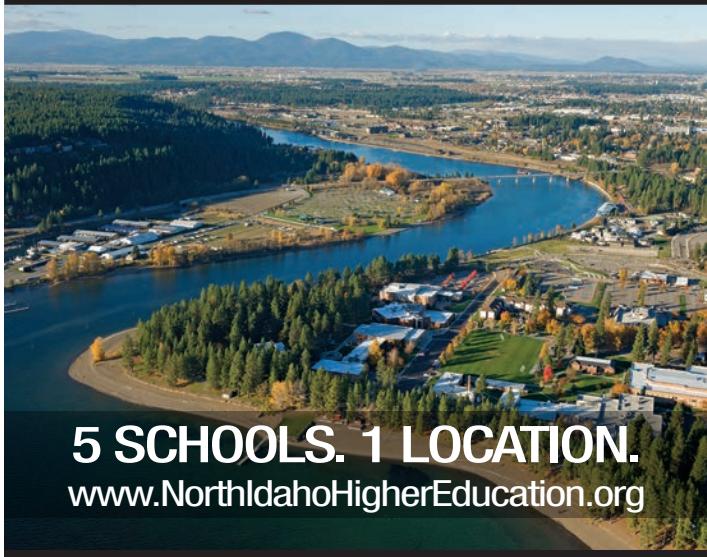
In addition to The Workplace Excellence Series, NIC's Career Services center offers career advising, education, job search tools, and employment assistance to both students and the community.



NIC.EDU/Career  
(208) 769-7700

## NORTH IDAHO HIGHER EDUCATION

NIC LCSC UI BSU ISU



**5 SCHOOLS. 1 LOCATION.**  
[www.NorthIdahoHigherEducation.org](http://www.NorthIdahoHigherEducation.org)

**Idaho State**  
UNIVERSITY

**BOISE STATE UNIVERSITY**

**Lewis-Clark**  
STATE  
COLLEGE

**North Idaho College**

**University of Idaho**  
Coeur d'Alene

## Mentor Summit Roundtable



The Coeur d'Alene Education Partnership hosted its first Mentor Summit Roundtable in December, with special thanks to the Kroc Center for hosting, and Heidi Rogers for being the dynamic facilitator. It was a successful day of building relationships and gaining knowledge on how to best support the youth in our area through mentorship opportunities. This spring CEP and other organizations will host a Mentor Fair in our school district to connect kids with mentors.



cdaep.org

## NORTH IDAHO EDUCATION PARTNERSHIP

The United Way of North Idaho is serving as a lead partner and fiscal agent for the North Idaho Education Partnership (NIEP), working to strengthen the link between education and business for middle and high-school students. NIEP is the local cohort of a statewide effort to increase the number of Idahoans pursuing college and career training after high school to 60%. Initially funded by a College Access Grant, the Educate Idaho Network builds regional partnerships among passionate community leaders to accomplish this goal.

In its first year, the group seeks to increase the number of students using the Department of Labor's Career Information System (CIS). CIS equips users with career mapping, resume building tools, job shadowing and internship opportunities, and makes the connection between school, learning, and a future in the workforce.

Crucial to NIEP's strategy is capitalizing on existing mentor programs to build relationships between community members and students using CIS as a coaching tool. A \$10,000 startup grant enables NIEP to replicate the mentorship model in every school district in the 5 northern counties.

Business Leaders Needed! Join the 25 business partners that have already signed up to volunteer with students!



United Way of North Idaho  
[unitedwayofnorthidaho.org](http://unitedwayofnorthidaho.org)



## Humans of Coeur d'Alene

Have you heard of Humans of New York? Local resident, Corey Jeppesen, is following in those footsteps by promoting a person each day, to "look deeper into their hearts and give them a voice."

Jeppesen, a lifetime Coeur d'Alene resident and graduate of North Idaho College, is the owner of Seejeppe Creative Studio and Creator of CDA365. His vision for CDA365 is to give the people of his hometown a voice, one day at a time.

You can follow, find, or like #CDA365 on Instagram, Facebook, or Twitter.

cda365.com

*Photo by Ali Shute*



FOR DREAMS THAT GO BEYOND THE CAR ITSELF.

*Let's talk today.*



Miranda Hamilton Agency

8246 N Government Way

Hayden, ID 83835

(208) 209-4321

[miranda.hamilton@amfam.com](mailto:miranda.hamilton@amfam.com)

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*Save the Date!*

Noon to Dark  
Friday June 9  
Last day of school!

# FAMILY DAY *in the PARK*

## & FANCY FLEA MARKET

**JUNE 9, 2017 NOON TO DARK**

IN COEUR D'ALENE CITY PARK

Formerly Kids Day in the Park - Expanded venue, schedule of events, audience, and opportunities

- Nonprofit outreach/activity booths
- Flea Market vendors
- Food Court
- Main stage musicians
- Heritage Commission Inauguration and activities
- Carousel open house and activities
- Skate Park ground breaking and vendors
- Cultural Center Activities
- Community and civic organization displays
- Kids Carnival
- Paddle craft exhibitions
- Pet adoption and games
- CDAPD outdoor movie night

### Don't miss out!

Contact North Idaho Family Group at  
regarding Sponsorship Opportunities  
and to reserve vendor space at  
[FamilyDayinthePark@nifamily.com](mailto:FamilyDayinthePark@nifamily.com) or  
208-667-2314



# Our Community AT A GLANCE



## NEW MEMBERS

### COEUR D'ALENE SUMMER THEATRE

Established in 1967, Coeur d'Alene Summer Theatre (CST) is Idaho's oldest performing arts organization. Becoming a non-profit corporation in 1984, CST specializes in production of full-scale Broadway musicals during the months of June, July, and August.

## RENEWING MEMBERS

- Boys and Girls Club of Kootenai County
- Coeur d'Alene Arts & Culture Alliance
- Coeur d'Alene Charter Academy
- Idaho Youth Ranch
- Hospice of North Idaho
- Imagine Behavioral & Developmental Services
- Shriners Hospitals for Children
- St. Vincent de Paul Coeur d'Alene
- North Idaho College
- North Idaho College Head Start
- Kootenai Health

### HOSPICE OF NORTH IDAHO NAMES NEW DIRECTOR OF COMMUNICATION

Hospice of North Idaho recently announced the addition of Denna Grangaard as director of communication. Prior to working for Hospice of North Idaho, Grangaard worked for 10 years for the state of Idaho in communications and environmental planning.

### NEW BOARD MEMBERS AT IDAHO HUMANITIES COUNCIL

Rocky Owens and Andrea Partington will each serve a three-year term on the board.

Owens is executive director of the Lewis-Clark State College Coeur d'Alene Center, and Partington is an English teacher and co-chair of the English Department at Lake City High School in Coeur d'Alene.

### LAURA RUMPLER FILLS CHIEF COMMUNICATIONS SPOT AT NIC

North Idaho College President Rick MacLennan has announced the hiring of Laura Rumpler to fill the vacant position of Chief Communications and Government Relations Officer. Rumpler currently works as the director of communications for Coeur d'Alene Public Schools.

### KOOTENAI HEALTH ANNOUNCES NEW FOUNDATION PRESIDENT

The Kootenai Health Foundation welcomed Julie Holt as its new president. Holt brings more than 20 years of experience leading fundraising strategies for non-profit organizations, including hospitals and a 10-hospital health system.

### NEW NONPROFIT EDUCATION CLASSES

The University of Idaho's Nonprofit Leadership Program released its spring schedule. Classes begin February 9 and run through May 4th. Classes are \$15 each or \$120 for the 9-class package.

Visit [www.uidaho.edu/cda/outreach/nonprofit](http://www.uidaho.edu/cda/outreach/nonprofit) for full schedule and registration.



# AiCM

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*Located on the lower level of the Highlands Building*

# Heritage Health Pediatrics

## We can see you... Even if you're Captain Invisible



Accepting New Patients  
**208.620.5250**  
[MyHeritageHealth.org](http://MyHeritageHealth.org)

# Hope on the Homefront

The North Idaho Hope on the Homefront Coalition is a group of nonprofit organizations, government agencies, and businesses that serve children and families in North Idaho.



## BOYS & GIRLS CLUB OF KOOTENAI COUNTY

Providing afterschool programs in Post Falls and Coeur d'Alene that enable all young people to reach their full potential as productive, caring and responsible citizens.

Open Monday through Friday from 2:00pm – 6:00pm.  
Only \$20 for a school year membership!

[Northidahobgc.org](http://Northidahobgc.org)  
(208) 618-CLUB (2582)



## CDA BACKPACK PROGRAM

The CDA Backpack Program provides supplemental food during the weekends and holiday vacations to over 300 students in the Coeur d'Alene School District whose families may be experiencing a financial hardship. To become a program student, please contact your school counselor.

[cdabackpackprogram.com](http://cdabackpackprogram.com)  
(208) 659-6574



## Heritage Health

### HERITAGE HEALTH

Heritage Health provides medical care to over 26,000 patients in Kootenai and Shoshone Counties. We believe that healthcare should be accessible and affordable for everyone, regardless of insurance status or ability to pay. We deliver a healthcare experience that provides hope, inspires change and extends life for our patients and our community. We provide healthcare from the heart for anyone that needs us.

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



## HOPE ON THE HOMEFRONT

Providing information, filling needs, building relationships in Coeur d'Alene School District 271  
[cdaschools.org](http://cdaschools.org)  
208.664.8241 ext. 1016



## THIS FEBRUARY, IDAHO DENTISTS & THEIR STAFF WILL GIVE FREE DENTAL CARE TO UNINSURED CHILDREN IN NEED.

**What:** Free Dental Care

**Where:** Local Dental Offices

**Who is Eligible:** Children who DO NOT have dental insurance (children with Medicaid & CHIP are not eligible)



**How Do I Sign My Child Up?** Contact one of the dental offices listed below to schedule a free appointment. Let them know you are calling about the Give Kids A Smile program. Appointments are made on a first call, first served basis – please schedule your child as soon as possible!



**Public Health**  
Prevent. Promote. Protect.  
Panhandle Health District

## PANHANDLE HEALTH

Panhandle Health District provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

[\(208\) 415-5100](http://panhandlehealthdistrict.org)



## UNITED WAY OF NORTH IDAHO

United Way of North Idaho: Our mission is to improve the lives of people in our community. We focus on Education, Financial Stability, and Health—the building blocks of a good life.

[\(208\) 667-8112](http://unitedwayofnorthidaho.org)



## EAT SMART IDAHO

Eat Smart Idaho improves health by increasing access to healthy foods and physical activities through community interventions and education with people of all ages.

[\(208\) 667-2588](http://uidaho.edu/extension/eat-smart-idaho)



## NORTH IDAHO FAMILY GROUP

The North Idaho Family Group is dedicated to promoting healthy families and lifelong learning via programs and projects that further that mission, including the North Idaho Family Magazine and North Idaho Charitable Events (N.I.C.E.) Calendar, ([nifamily.com](http://nifamily.com)), North Idaho Services Directory ([niservicesdirectory.com](http://niservicesdirectory.com)), and Education Information Center ([edinfocentercda.com](http://edinfocentercda.com)).

[\(208\) 699-0126](http://nifg.org)



## COEUR D'ALENE

- Coeur d'Alene Dental Center | Drs. Thompson, McVey, & McVey  
1322 W Kathleen Ave | 208-667-7461
- Coeur d'Alene Family Dentistry | Dr. Larsen  
2201 N Government Way, Ste G | 208-667-9129
- Riverstone Dental Care | Drs. Ditto, Pulsipher, Snow, Turner, & Major  
2344 Merritt Creek Loop | 208-676-8500



## HAYDEN

- Avondale Dental | Drs. Wilson, Martin, & Robson  
1683 E Miles Ave | 208-772-4066



## POST FALLS

- Woodland Family Dentistry | Drs. Welton & Welton  
1100 E Polston Ave | 208-777-9599



# NIFamily.com Website Improvements

## Easy access to articles!

For over 18 years, the North Idaho Family Magazine has published information on topics important to children and families in North Idaho. Current and previous years' issues have been available in PDF format on the nifamily.com website, but starting with the Winter of 2017, we will be publishing the magazine content in an easier-to-read and access blog format. Articles will be organized based on their categories in the magazine: Family, Community, Health, Seniors, Paws for a Moment, etc. This format will make it easier for us to share articles from the magazine in social media, and encourage community input and interaction on topics important to our families.

Be sure to like us at [Facebook](#) NorthIdahoFamilyMagazine for the latest updates!



## Mardi Gras Krewe d'Alene

### A BENEFIT FOR THE COEUR D'ALENE ARTS & CULTURE ALLIANCE

Join us as we turn the Coeur d'Alene Resort Plaza Shops into the New Orleans's French Quarter for this very fun event where attendees will feel as if they are experiencing an authentic Mardi Gras celebration.

- Experience a variety of street entertainment, live music, artists in action in the traditional Jackson Square
  - Enjoy a drink in the oldest pub in the US, the famous Pirate's Den "Lafitte's Blacksmith Shop Bar"
  - Sample New Orleans-style fare from local restaurants competing for the best "New Orleans-style Fare" people's choice award
- Participating restaurants include:

Angelo's Ristorante Italiano

Bistro on Spruce

Bonsai Bistro

Hay Js Bistro

- Featuring a live auction with masks created by local artists

Moon Time

Seasons Fresh Grill

Sweet Lou's Restaurant

and Tap House

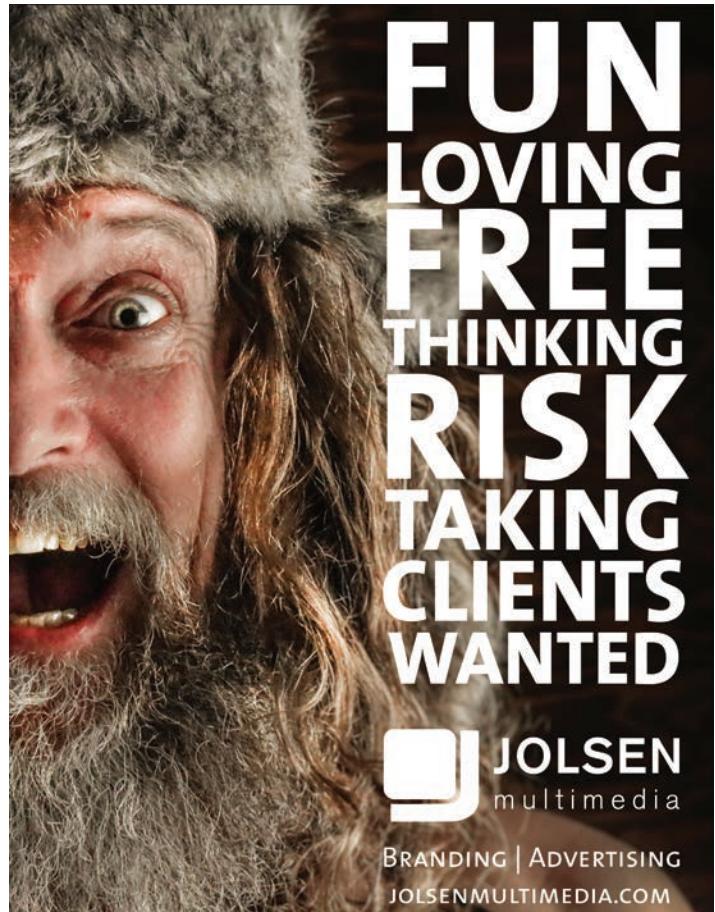
**Mardi Gras**  
**Krewe d'Alene**

**Sat, February 18**  
**5:30 to 10 pm**  
CDA Resort Plaza Shops  
3rd and Sherman entrance

Tickets are \$50 each and on sale now at [artsandculturecda.org/mardi-gras](http://artsandculturecda.org/mardi-gras) or available at the Coeur d'Alene Visitor's Center at 105 N 1st Street.



Coeur d'Alene Arts & Culture Alliance  
208-292-1629 | [ali@artsandculturecda.org](mailto:ali@artsandculturecda.org)  
[www.artsandculturecda.org](http://www.artsandculturecda.org)



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*In Memory of*  
**Steve Gibbs**  
**1952-2016**



Summer 2015



# Things I Am Learning About Dogs

**After a lifetime of being a cat owner, we now own a dog.  
I've made a few observations and comparisons about cats vs. dogs.**

BEHAVIOR	CAT	DOG
Eating stuff	cat food, tuna, tuna juice, a piece of chicken now and then. I have heard of cats eating pancake mix and other weird stuff, but mostly our cats eat what you'd think a cat would eat.	dog food, dog treats, anything that falls on the floor in the kitchen, anything that falls on the floor anywhere else in the house, toilet paper, napkins, paper towels (are you seeing a paper products theme here?), paper, cardboard, books, steno pads, ear buds, earrings, ear plugs, leaves, twist ties, thumbtacks, something orange (couldn't make it out but there were orange speckles in a few dog turds). The list goes on. If it fits in his mouth, it is food.
Eating	one. kibble. at. a. time. Often softly batted out of the bowl, "killed," and then eaten.	30 seconds and it's over. Like he hasn't eaten in weeks.
Sleeping on the bed	circle walk walk walk circle walk step step walk settle in.	leap up, half circle, collapse on whatever is there (legs, arms, etc.)
Annoyance factor on above	cats are like a slow dripping faucet.	dogs are annoying fast and hard and then it's over.
How we know they love us	purr.	follow us around, learn tricks, bark at people walking down the street if it's late, lick us, get super excited when we get home, look at us with those eyes and head slightly tilted to the side as if to say "do you approve?" "Am I doing it right?" "Do you love me as much as I love you?"

*Guest contributor: Shelly Zollman*

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- 1/8 Page** (3.67" w x 2.25" h)

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

Rates include standard production. Additional fees for unusual production.

# Rethinking “Girls (Moms) Night Out”

Throughout society, but especially for women, heavy drinking has been normalized. That's dangerous.

Think about the abundance of memes related to drinking on social media feeds. Taglines like: “I like to play this drinking game where I take a shot every time one of my kids says, “mom.” Or “Technically, you’re not drinking alone if your kids are home.” Or “We should open a store called ‘Forever 39.’ We can sell Wine and Yoga pants. You in?”

**“They all send a message that drinking is fun, actually not just fun, needed to cope with to-day’s world. The message is so prevalent, so strongly shared in social media, on TV, in movies and in our social lives that we barely take notice. We barely stop to think that something might be wrong with it.”**

-- From “The Complicit Conspiracy of Alcohol”



deaths for white women ages 35-54 has more than doubled since 1999.

The article continues, “Jokes about becoming inebriated are common. One Twitter ad features a woman with a bottle the size of a refrigerator tilted toward her lips. Its contents: Fireball Cinna-mon Whisky.” Women are also frequently shown drinking to cope with daily stress.

Keep in mind that for women, 5 ounces of wine per day is considered the maximum for “moderate drinking.” Anything more than that typically outweighs any potential health benefits. This is a difficult topic, but it is important to be aware of the tide of social media and influence encouraging alcohol as an escape.

To read the full Washington Post article visit [goo.gl/MJkmz5](http://goo.gl/MJkmz5).



[niservicesdirectory.com/service-category/substance-abuse/](http://niservicesdirectory.com/service-category/substance-abuse/)

## A Mom’s View of ADHD

### IF I HAD ONLY KNOWN THEN ...

My son was 4 years old the day I was told by the preschool director that he was not welcome back unless he was on medication for “ADHD” to control his behavior. Learning disabilities often show themselves in bad behavior & social awkwardness.

I cried driving home as my children played in the backseat, oblivious to what change had just been put into play in our lives. Fast forward a year: I was facing life as a single parent with three children ages 5, 6 and 1. Learning disabilities can affect entire families.

Frustration at homework time, awkwardness at school events, and arguments around medicating vs. non-medicating became our new normal. Our lives were consumed with parent/teacher meetings, counseling appointments, and “strategies” for managing his “disorder.” I use quotes with those words because I now understand that well-meaning people came together to “fix” what was “wrong” with our child.

My heart still breaks when I spend time with my adult son. I see first-hand the impact growing up with a learning disability had on him. He grew into a young adult who still feels different, inadequate and a little broken inside. If there was any way I could have prevented all the damage that occurred, I would have ...

If I had known about Brain Integration back then, I could have spared him a lot of that heartache. It is a drug-free approach to remove functional neurological blocks in the brain which contribute to learning disabilities.

Guest editorial by Diane Minkner  
HHP, BIT, AK, QRT



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# 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.

## 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. Combating 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](http://cdc.gov/getsmart).



# Cough. Sniffle. Sneeze. GET SMART 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](http://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.



# 25 Fun Things to do with Kids

tear out and save

- 1.** Create colored ice spheres! Fill water balloons with water and food coloring. Leave outside to freeze and then peel the balloon off of the colored ice and line your sidewalk or driveway.  
  
Photo by Wendy Harris
- 2.** Do all the holiday puzzles in this issue! The Valentine maze, the St. Patrick's Day Word Search, and the Easter "Find the Differences!"
- 3.** Watch the eagles at Wolf Lodge Bay and Beauty Bay. It's a local treat from December through February.
- 4.** Bundle up & go sledding!  
Designated Sledding Destinations:  
Cherry Hill - near the fire station off 15th Street  
Lost Avenue - Dollar Street to 15th Street  
South Dollar Street - The area south of Sherman Avenue  
Boyd Avenue - 9th Street to 10th Street  

- 5.** Have a Baked Potato party!  
Make chili, shred cheese, and have sour cream, butter, chives, bacon bits and other toppings. Everybody can put on their own toppings!  

- 6.** Check out an "escape room" challenge-- 59:Adventures, Get Locked Away, The Panic Room, and Coeur d'Alene Escape Room are great "Family Night" adventures.
- 7.** Bundle up and take a walk along the Centennial Trail or around Tubbs Hill.
- 8.** Enjoy a family bowling night at Sunset Bowling or Triple Play.
- 9.** Plan your fantasy summer vacation - Check out warm weather websites and magazines, and plan a future getaway with friends and family.
- 10.** Learn how to knit or crochet and then make your friend a hat or scarf!  

- 11.** Search "Winter Kid Activities" on Pinterest and find out how to make FROZEN Erupting Snowballs, a Snow Storm in a Jar, or Crystal Suncatchers.
- 12.** Go to the Sandpoint Winter Carnival - Don't miss the Ski Joring! (Feb 15-26)
- 13.** Make Snow Cream! (Be sure to use CLEAN snow!!) Use 1 gallon of snow, 1 cup white sugar, 1 tablespoon vanilla extract, and 2 cups of milk. Mix and enjoy!
- 14.** Make a Shamrock Smoothie for St. Patrick's Day. Combine frozen sliced bananas, 2 cups of honeydew melon chunks, 2 kiwi fruits peeled and cut into chunks, 1 cup frozen vanilla yogurt, and 1/2 cup of tightly packed parsley leaves. Have a "Tech-Free" Weekend ... Read books, watch a classic movie, play games!  

- 15.** Hit the slopes at Silver, Lookout Pass or Schweitzer Mountain. Free Ski/Snowboard lessons at Lookout Pass! Before you go, compare the mountains online. How much snow? What is their altitude?  

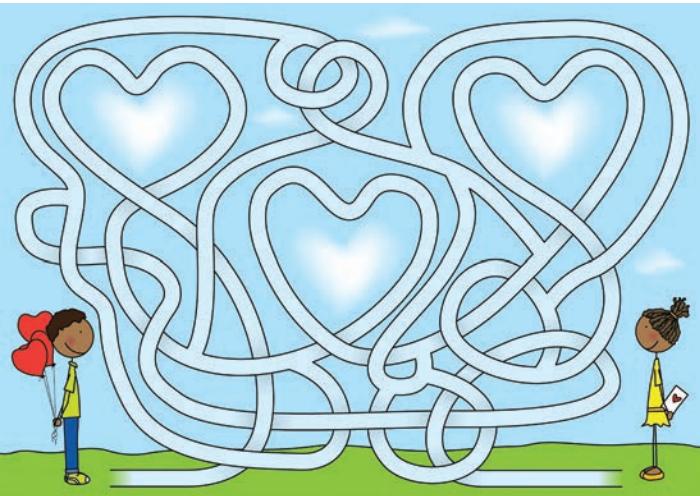
- 16.** Learn about Geocaching ([www.geocaching.com/guide](http://www.geocaching.com/guide)) - They're like a combination of a treasure hunt and a scavenger hunt - and then find Geocaches near you.
- 17.** Have a camp out in the living room complete with microwave S'mores.
- 18.** Visit the Museum of North Idaho.
- 19.** Go on an "art walk" around downtown galleries. Have your kids choose which painting or sculpture they like best. Ask them why they like it.
- 20.** Make homemade Valentine's Day Cards for your mom, dad, or grandparents.  

- 21.** Channel your inner geek - Check out "Hour of Code" at [www.khanacademy.org](http://www.khanacademy.org) or [www.code.org](http://www.code.org). Ages 6-106.
- 22.** Go watch a basketball game at North Idaho College. Visit [nicathletics.com](http://nicathletics.com) for team schedules.
- 23.** Build a Fort - Transform your living room to a fun fort using chairs and blankets.
- 24.** Get ready for race season! Start with the Hauser Lake 10K Ice Breaker Run!  

- 25.** Make Hot Cocoa from scratch.

# Fun with Puzzles!

VALENTINE'S DAY MAZE... FIND THE WAY



EASTER EGG HUNT... FIND 10 DIFFERENCES



ST. PATRICK'S DAY WORD SEARCH



Solutions on page 19

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www.jumpforjoycda.com

## 2017 Summer Camps

The North Idaho Family Magazine Spring Issue will include our annual "Let's Go to Summer Camp!" section, with comprehensive information on 2017 Summer Camps, including Residential Camps, Day & Week Camps, Educational Camps, Art & Theater Camps, Sports Camps, Special Needs Camps and more. If you are involved with an organization, church, or school that has a summer camp, let us know so we can include it in our Spring Issue!

Visit [nifamily.com/north-idaho-summer-camps/](http://nifamily.com/north-idaho-summer-camps/) for a sneak preview.



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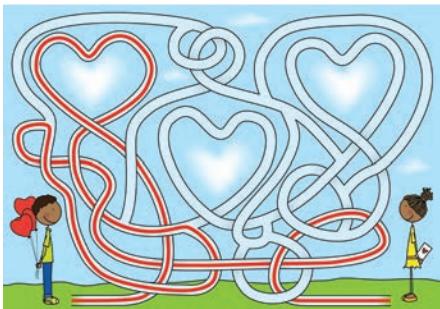
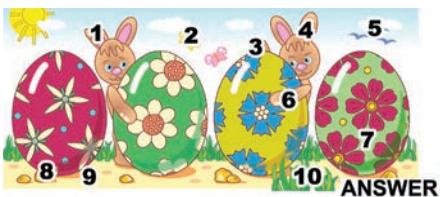
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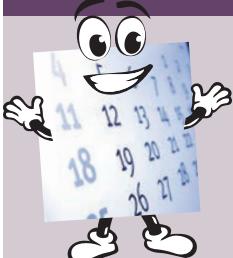
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## Puzzle Solutions



## North Idaho Charitable Events Calendar



FREE

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



**Spokane**  
**March 24-26**

Spokane Fair & Expo Center  
 404 N Havana

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**Save** 50-90% off retail prices! Brand names you want at prices you'll love!  
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**VOLUNTEER AND SHOP FIRST!**

- Jan 7 Lookout Pass Free Ski School Begins | [skilookout.com](http://skilookout.com)
- Jan 26-28 Banff Mountain Film Festival | Kroc Center
- Jan 29 Mountain Brewfest and Snow Bowling Contest | Lookout Pass | [www.skilookout.com](http://www.skilookout.com)
- Feb 4 "Toast to Compassion" Hospice of North Idaho's 30th Annual Wine Taste | [www.hospicewinetaste.org](http://www.hospicewinetaste.org)
- Feb 4 "Annual Wild Salmon Feast" to benefit Family Promise of North Idaho | [www.trinitylutheran-cda.org/wildsalmonfeast\\_2017.htm](http://www.trinitylutheran-cda.org/wildsalmonfeast_2017.htm)
- Feb 10 Downtown Coeur d'Alene Chocolate Affair | [www.cdadowntown.com](http://www.cdadowntown.com)
- Feb 11 Northern Regional Winter Games, Special Olympics Silver Mountain | [www.idso.org](http://www.idso.org)
- Feb 15-26 Sandpoint Winter Carnival | [www.sandpointwintercarnival.com](http://www.sandpointwintercarnival.com)
- Feb 17 Teacher Appreciation Day | Lookout Pass | [www.skilookout.com](http://www.skilookout.com)
- Feb 18 Mardi Gras "Krewe d'Alene" to benefit the Coeur d'Alene Arts & Cultural Alliance | [artsandculturecda.org](http://artsandculturecda.org)
- Feb 22-24 Safety Fest of the Great Northwest | [NIC.edu](http://NIC.edu)
- Feb 25 CDA Charter Soup/Chili Cookoff | [www.cdacharter.org](http://www.cdacharter.org)
- Mar 4 Matt's Place Foundation Pub Crawl | Downtown CDA
- Mar 4 Wine, Stein and Dine, Post Falls Education Foundation Fundraiser | [www.pfefwsd.org](http://www.pfefwsd.org)
- Mar 18 Post Falls Senior Center Gold Rush Dinner & Silent Auction Greyhound Park & Events Center | 208-773-9582
- Mar 18 Holy Family Catholic School Annual Gala & Auction
- Apr 1 "Spring Carnival" Silver Mountain | [www.silvermt.com](http://www.silvermt.com)
- Apr 2 Hauser Lake Icebreaker 10K Run Fundraiser | [www.doublejdogranch.org/Events.html](http://www.doublejdogranch.org/Events.html)
- Apr 3-6 North Idaho CASA Ray of Hope Kick-off Breakfast, Lunch & Community Rally | [www.northidahocasa.com](http://www.northidahocasa.com)
- Apr 14 Children's Village Annual Spring Benefit Best Western CDA Inn | [www.thechildrensvillage.org](http://www.thechildrensvillage.org)
- Apr 21-23 Just Between Friends Kid's Consignment Sale | [www.nidaho.jbfsale.com](http://www.nidaho.jbfsale.com)
- Apr 22 Leadman Triathlon | [www.silvermt.com](http://www.silvermt.com)
- Apr 23 Spring Dash – United Way of Kootenai County | [www.unitedwayofnorthidaho.org](http://www.unitedwayofnorthidaho.org)
- Apr 28 GALA for the Human Rights Task Force on Human Relations Human Rights Education Institute Fundraiser | 208-765-3932
- Apr 29 Aw\$um Auction, Coeur d'Alene Chamber Fundraiser | [www.cdachamber.com](http://www.cdachamber.com)
- Apr 29 8th Annual Hearts for Homes Dinner and Auction" Habitat for Humanity fundraiser | [www.northidahohabitat.org](http://www.northidahohabitat.org)
- Apr 29 Sorensen Magnet School Auction | Kootenai Fairgrounds
- May 4 Idaho Gives | [www.idahononprofits.org](http://www.idahononprofits.org)
- May 6 TESHfest | [teshinc.com](http://teshinc.com)
- May 13 Dog d'Alene to benefit local animal charities | Downtown CDA | [www.cdadowntown.com](http://www.cdadowntown.com)
- May 13 North Idaho Veterans' StandDown | Kootenai County Fairgrounds | [www.stvincentdepaulcda.org](http://www.stvincentdepaulcda.org)



# Annual January "Must Do" List

It's not a New Years Resolution, but making the completion of this list an annual January habit will set your year on the right track to help you avoid costly, frustrating, or time consuming misses.



## Check your Credit Score:

Most online sources give you one annual check for no charge. Do your homework first to understand what the score means, what action you need to take if you think there are mistakes, and how to keep track of the report. Review your monthly budget for the year as well.

## Check for Expiration Dates:

- Check your drivers license and make sure it doesn't expire within the year, and that all information is current. Take action early to make corrections and avoid unnecessary fines and fees.
- Check your vehicles license plate tags and insurance cards. Make sure they're current and that you know when they are due to renew.
- Check your credit/debit card(s) for expiration dates to assure any auto pay items associated with them are not interrupted. Also, assure any accounts that have automatic renewal to them (clubs, memberships, magazines, etc.) that you do not want to renew are contacted and cancelled.

## Send in your Absentee Ballot Request:

Vote from home, easily, and on time. A request for absentee ballots that cover all elections in the current year are available online. See sample here. Mail to the elections office and they will send your ballot in the mail prior to each election. Note: this must be redone every calendar year. Go to [kcgov.us/elections > absentee ballot](http://kcgov.us/elections > absentee ballot).

\*This form is good for one calendar year only.

**APPLICATION FOR ABSENT ELECTOR'S BALLOT**

Date January 11, 2017

I, (Please print full name)  
Ballot or ballots to be voted at the election held on: (Check election this application is to be used for)

<input checked="" type="checkbox"/> 2nd Tuesday in March (School Board or Levy)	<input type="checkbox"/> Last Tuesday in August (School Board or Levy)
<input checked="" type="checkbox"/> 3rd Tuesday in May (Primary Election and Young Democrats Function)	<input type="checkbox"/> Tuesday following 1st Monday in November (General Election and/or Young Democrats Function)
<input type="checkbox"/> Special Emergency Election to be held on _____	

My home address is: \_\_\_\_\_ Your Address \_\_\_\_\_ in \_\_\_\_\_ Coeur d'Alene (City)

and I am duly registered in Kootenai County, Idaho.

Please mail ballot(s) to me at the following address:

Daytime phone: \_\_\_\_\_ Your Phone \_\_\_\_\_  
(in case we need to contact you with questions)

Email Address: \_\_\_\_\_ Your Email \_\_\_\_\_

KOOTENAI COUNTY ELECTIONS  
P.O. BOX 9000  
COEUR D'ALEINE, ID 83816-9000  
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FAX: (208) 466-2184 EMAIL: [keclections@kcgov.us](mailto:keclections@kcgov.us)

**OFFICIAL USE ONLY**

Per # \_\_\_\_\_ Log Dist # \_\_\_\_\_ Code: W M C T

**POLLING PLACE INFORMATION**

**ELECTOR MUST PERSONALLY SIGN APPLICATION**

**Your Signature**

## Update your calendar with Registration Deadlines:

Summer camp registrations, schools, scholarships, sports teams, tournaments, and any other activities that have limited space and requirements to register in advance.

## Schedule your Annual Check Ups:

Make a check list of dates your entire family is due for appointments and schedule them at one time (when possible). Avoid missing a dental check up, mammogram, childhood immunization appointments. A year can go by quickly!



## Block out Special Events:

Make note and plans for upcoming holidays, special birthdays, or graduations to avoid being caught unprepared when the occasion arrives.

# Senior care program provides a fun, safe option 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. Luckily, the senior care program at Kootenai Health is a community-based program to provide for the special needs of senior citizens and the respite needs of families and caregivers.

"The coffee pot is always on," Diana Ring, program coordinator, said. "We love having visitors stop by and take a look at our new facility and program. Bring a friend and play bingo!"



Diana Ring

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.

"Our staff are specially trained and understand the needs of each individual," Rings said. "They provide the care and service they would want for their own family members."

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.

For more information about the program, call (208) 625-5354.

*Contributed by Andrea Nagel*

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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](http://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](http://www.northidahocasa.com)
- \* American Childhood Cancer Organization Inland Northwest | PO Box 8031 Spokane, WA | 509-443-4162 | [www.acco.org/inlandnw](http://www.acco.org/inlandnw)
- \* Boys & Girls Club of Kootenai County | 925 N. 15th St. | Coeur d'Alene, ID 208-618-2582 | 200 W. Mullan Ave. | Post Falls, ID | 208-457-9089  
[www.northidahobgc.org](http://www.northidahobgc.org)
- \* Idaho Youth Ranch/Anchor House | 1609 N. Government Way Coeur d'Alene, ID | 667-3340 | [www.youthranch.org](http://www.youthranch.org)
- Camp Fire Inland Northwest | 524 N. Mullan | Spokane, WA | 509-747-6191  
[www.campfireinc.org](http://www.campfireinc.org)
- \* Idaho Youth Ranch | 2201 Government Way, Suite J | Coeur d'Alene, ID 667-1898 | [www.youthranch.org](http://www.youthranch.org)

## Civic/Volunteer

- \* Human Rights Education Institute | 414 Mullan Ave | Coeur d'Alene, ID 292-2359 | [www.hrei.org](http://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](http://www.healthandwelfare.idaho.gov)
- Children's Village | 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)
- 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](http://www.nicrisiscenter.org)
- Post Falls Police Victim Services Unit | 1717 E. Polston Ave. | Post Falls, ID 773-1080 | [www.postfallspolice.com](http://www.postfallspolice.com)
- Rape Crisis Line | 661-2522
- \* Safe Passage | 850 N. 4th St. | Coeur d'Alene, ID | 664-9303  
[www.safepassageid.org](http://www.safepassageid.org)

## Education - Adult

- \* American Institute of Clinical Massage | 4365 Inverness Drive, Post Falls, ID 773-5890 | [www.aicm.edu](http://www.aicm.edu)
- \* Inland Northwest Food Network | Coeur d'Alene, ID | 546-9366  
[www.inwfoodnetwork.org](http://www.inwfoodnetwork.org)
- \* 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 & Community Education | 525 W. Clearwater Loop, Post Falls | ID | 769-3222 | [www.nic.edu/wtc](http://www.nic.edu/wtc)
- University of Idaho | 1031 N. Academic Way, Suite 242 | Coeur d'Alene, ID 667-2588 | [www.uidaho.edu](http://www.uidaho.edu)

## Education - Child

- \* Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct. Coeur d'Alene, ID | [www.cdaschools.org](http://www.cdaschools.org)
- \* Gizmo-CDA | 806 N 4th St, Coeur d'Alene, ID | 651-6200  
[www.gizmo-cda.org](http://www.gizmo-cda.org)
- \* Immaculate Conception Church & Academy | 495 N. Lincoln Street Post Falls, ID | 208-773-7442 | [www.sspx.org](http://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.ktectraining.org](http://www.ktectraining.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](http://www.lamcda.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 College Head Start | 411 N. 15th St, Ste 103 | Coeur d'Alene, ID 765-6755 | [www.nicheadstart.org](http://www.nicheadstart.org)
- \* Stories with Stewy | Coeur d'Alene, ID | 660-8529  
[www.storieswithstewy.com](http://www.storieswithstewy.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.cdadiparks.org](http://www.cdadiparks.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](http://www.icwrtc.org)
- \* Luke Malek | Idaho State Representative | 208-661-3881  
[www.lukemalek.com](http://www.lukemalek.com)
- Panhandle Area Council | 11100 Airport Drive | Hayden, ID | 772-0584  
[www.pacni.org](http://www.pacni.org)

## Healthcare

- After Hours Urgent Care | 1300 E. Mullan Ave. | Post Falls, ID | 777-1157  
[www.nifp.com](http://www.nifp.com)
- Heritage Health (formerly Dirne) | 1090 Park Place | Coeur d'Alene, ID 292-0292 | [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 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)
- Kootenai Urgent Care | 700 Ironwood Dr., Ste 170E | Coeur d'Alene, ID 667-9110 | [www.kootenaiurgentcare.com](http://www.kootenaiurgentcare.com)
- \* Diane Minkner HHP | Brain Integration & Physiology | 2065 W Riverstone Drive Suite 207 | Coeur d'Alene, ID | 991-8300 } [www.goseeDiane.com](http://www.goseeDiane.com)
- Panhandle Health District | 8500 N. Atlas Rd. | Hayden, ID | 451-5100  
[www.panhandlehealthdistrict.org](http://www.panhandlehealthdistrict.org)
- \* 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)

## 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)
- \* Imagine Behavioral & Developmental Services | 7905 Meadowlark Way, Suite C Coeur d'Alene, ID | (208) 762-1250
- Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Coeur d'Alene, ID 625-4884 | [www.nicrisiscenter.org](http://www.nicrisiscenter.org)
- Northwest Behavioral Health | 1612 N. 3rd St. | Coeur d'Alene, ID | 765-4509

\* North Idaho Family Group Members

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

## Misc.

- \* Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Coeur d'Alene, ID 765-8600 | [www.cytnorthidaho.org](http://www.cytnorthidaho.org)
- \* Coeur d'Alene Arts & Culture Alliance | 105 N 1st Street | Coeur d'Alene, ID 208-292-1629 | [artsandculturecda.org](http://artsandculturecda.org)
- \* Community Library Network | Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, Spirit Lake | [www.communitylibrary.net](http://www.communitylibrary.net)
- \* Elite Auction | PO Box 1354 Hayden, ID 83835 | 208-640-7449 | [www.eliteauctioninc.com](http://www.eliteauctioninc.com)
- \* Godwin Marketing & Communications | 1002 N. 2nd St. | Coeur d'Alene, ID 640-6514 | [www.GodwinMarketingCommunications.com](http://www.GodwinMarketingCommunications.com)
- \* Jump for Joy | 250 West Dalton Ave | Coeur d'Alene, ID | 208-664-5200 | [www.jumpforjoycda.com](http://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](http://www.kroccda.org)

## Pet & Animal Services

- Coeur d'Alene Animal Control | 5500 N. Government Way | Coeur d'Alene, ID 446-1300 | [www.kcsheriff.com/animalcontrol.html](http://www.kcsheriff.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)
- Kootenai Humane Society | PO Box 1005 | Hayden, ID | 772-4019 | [www.kootenaihumane.org](http://www.kootenaihumane.org)

## Religious/Fratalian

- \* Heart of the City Church | 521 W. Emma Ave. | Coeur d'Alene, ID | 665-7808 | [www.heartofthecitychurch.org](http://www.heartofthecitychurch.org)
- \* Immaculate Conception Church & Academy | 495 N. Lincoln Street Post Falls, ID | 208-773-7442 | [www.sspx.org](http://www.sspx.org)
- Lutherhaven Camp/Ministries | 3258 W. Lutherhaven Rd. | Coeur d'Alene, ID 667-3459 | [www.lutherhaven.com](http://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](mailto: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](http://www.cap4action.org)
- \* St Vincent de Paul | 201 E. Harrison Ave. | Coeur d'Alene, ID | 664-3095 | [www.stvincentdepaulcda.org](http://www.stvincentdepaulcda.org)
- \* United Way of North Idaho | 501 E. Lakeside Ave., Ste. 3 Coeur d'Alene, ID | 667-8112 | [www.unitedwayofnorthidaho.org](http://www.unitedwayofnorthidaho.org)

## Special Needs

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

## 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.idahodrugfreouth.org](http://www.idahodrugfreouth.org)
- Idaho Meth Project | PO Box 738 | Boise, ID | 1-888-331-2060 | [www.idaho.methproject.org](http://www.idaho.methproject.org)
- Kootenai Recovery Community Center | 1111 Ironwood Dr. Suite B Coeur d'Alene, ID | (208) 932-8005 | [www.kootenairecoverycenter.org](http://www.kootenairecoverycenter.org)

## Support Networks/Groups

- \* American Childhood Cancer Organization Inland Northwest | PO Box 8031 Spokane, WA | 509-443-4162 | [www.acco.org/inlandnw](http://www.acco.org/inlandnw)
- \* Inland NW SIDS Foundation | 103 South 4th Street | Coeur d'Alene, ID 208-557-4371 | [www.inwsids.org](http://www.inwsids.org)



# 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

The North Idaho Services Directory is 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](http://www.niservicesdirectory.com)

The screenshot shows the homepage of the North Idaho Services Directory. At the top, there's a navigation bar with links for "North Idaho Services Directory", "Add or Update Service Directory Listing", and "Support the Services Directory". Below the navigation is a large search form with fields for "Search for", "Category", "Keywords", "County", "Search near", and "Advanced search". A sidebar on the right lists various service categories with their counts: Advocacy/Political (2), Domestic Violence & Sexual Assault (11), Faith-based (9), Food Bank (36), Healthcare (60), Housing (26), Meal Site (30), Clothing Bank (9), Education (18), Family Services (39), General Assistance (17), Healthcare / Dental (5), Job Services (24), Mental Health (40), Crisis Intervention (32), Emergency/Law Enforcement (35), Financial Assistance (5), Government (16), Healthcare / Rehabilitation (3), Legal (15), and Pregnancy (11).

Visit [NIServicesDirectory.com](http://NIServicesDirectory.com) to add or update your listing!

1048 N. 3rd St.  
Coeur d'Alene, ID 83814  
[www.nifamily.com](http://www.nifamily.com)

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