

**FREE**

Winter  
2018

# NORTH IDAHO FAMILY

M A G A Z I N E

*Now in its  
19th year!*

**Making an  
IMPACT!**

*plus*  
**Coming June 8:  
Family Day in  
the Park**

**25** Fun Things to  
do for Winter

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



# Better health ahead

FREE quit tobacco and e-cig classes for teens and adults.

# Tobaccobreak.org



**"Now I see there are better ways to quit than I have tried in the past."**



**"This class and the free tools I was given helped me so much!"**



**"I learned what to do when I have a craving."**



**"Talking with like-minded people trying to quit smoking made me realize I was not alone."**



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

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

**208.667.2314**

Refer to ad on page 13.

**www.nifamily.com**

1048½ N. 3rd St.

Coeur d'Alene, ID 83814

Email: [sales@nifamily.com](mailto:sales@nifamily.com)

## ACKNOWLEDGEMENTS:

Cover photo by Oskar Owens.

©2018 by Kagey Company, Inc. All rights reserved. No portion of this magazine may be reproduced in whole or in part without the express written consent of the owner, Kagey Company, Inc. Distribution of this publication does not constitute an endorsement of products or services therein. All information is as accurate as given from contributing sources. Kagey Company, Inc. reserves the right to refuse advertising or submissions for editorial purposes for any reason. Copies are free.

## the Group North Idaho Family Scoop

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

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

# Welcome!

For over 19 years the North Idaho Family Magazine and its companion website, [nifamily.com](http://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](http://niseservicesdirectory.com)) See pg. 23.
- Education Information Center ([edinfocenterca.com](http://edinfocenterca.com)) See pg. 6.
- Marketing & Communications to area nonprofits and agencies.

## SAVE THE DATE:

**June 8: 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)
- FREE vendor booth at Family Day in the Park
- One \$150 gift certificate toward an ad of your choice in one issue
- Member Directory listing in magazine, and a link on [www.nifg.org](http://www.nifg.org)
- 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

## CONTENTS



### Making an IMPACT!

The importance of storytelling for nonprofits



### Family Day in the Park Teaser



### 25 Fun Things to Do this Winter

Indoor and outdoor activities for winter time

	EDUCATION	6
	COMMUNITY	9
	HEALTH	14
	FAMILY	15
	CALENDAR	19
	SENIORS	21
	PAWS FOR A MOMENT	21



# Making an IMPACT ...

## Storytelling impacts local nonprofits.



*Cole Turnbull, fearless leader of the Coeur d'Alene IMPACT CLUB*

## IMPACT CLUB™

Cole Turnbull is no stranger to philanthropy. In May of 1989, he watched the dedication of the Turnbull Athletic Field, dedicated in honor of his father, Bart Turnbull, who put his heart and soul into helping kids in the community of Dalton Gardens.

When the opportunity to start Impact Club™ Coeur d'Alene came along, he took it on knowing that it was something his dad would of done if he was able. "My dad knew that making a difference and impacting the community was something that had to be done."

Bart Turnbull wasn't able to see his two sons utilize the field, but Cole is taking this opportunity to bring people together through the Impact Club™ to make a difference in the lives of other kids & families through Impact Club™ donations.

### HOW IT WORKS

#### 100 LEADERS: WE MEET

It's simple. Once per quarter, we meet. We connect. We have a drink. Network. And we solve problems, to impact lives in our community.

#### 1 HOUR: WE VOTE

At each quarterly meeting, three nominated non-profit organizations are selected to present. Based on their presentation, each member then votes.

#### 10K DONATED: WE DONATE

The organization with the most votes, receives a \$100 check from each member of the Impact Club™. 100 members x \$100 = \$10,000 donation/Impact.

There have been 2 meetings so far of the approximately 115 member Impact Club™ Coeur d'Alene. NEWBY-GINNINGS, Matt's Place Foundation, The Children's Village (Sept), Inland NW SIDS SUID Foundation, Anna Schindler Foundation, and Hospice of North Idaho (Dec) shared their stories at each meeting for a chance to earn the donation.

#### NONPROFIT OPPORTUNITIES

Nonprofits can be nominated multiple times, but can only receive a donation once per calendar year. For many Impact Club™ members, the 5-10 minute speech is their first exposure to the nominated charities, so it is critical to grab attention and convey mission & message in a small amount of time.

Videos for many of the stories are online. Visit [nifamily.com](http://nifamily.com) for links & more info.

**Next IMPACT CLUB Meeting:**

**MARCH 8, 2018**

**PADDY'S : 601 W APPLEWAY, AVE, CD'A**

**6:30-7:30PM**

# The Stories:



"In December 2017, the Anna Schindler Foundation (ASF) was nominated to tell our organization's story to the IMPACT CLUB Coeur d'Alene. Through the eyes of a mother, I told our family's journey of our five month old, Leland's battle with cancer (pictured on left). He was diagnosed with ATRT, a fast growing cancer that manifests in the brain and spinal cord. It is a journey that taps the extremes of human emotion in that you are fighting for your child's life. The support, both financially and emotionally from the Anna Schindler Foundation was key in supporting our family to the other side, whether it was our Leland's return to health or his passing. The ASF supported us with compassion, meal cards and financial assistance when we needed it most; they truly lightened the load for our family. The ASF continues to support all the families in the Inland Northwest diagnosed with childhood cancer. The IMPACT CLUB awarded this humble foundation with \$11,200. We are so grateful for this kindness." ~Kathryn Steele

"Hospice of North Idaho was invited to tell one short story about our organization. As a mission-driven non-profit, we chose to tell the story that embodies our philosophy about "living fully." People assume that hospice is all about dying well, but it is also about living well. Several years ago we cared for a man who was full of life. He exuded the essence of "living fully" and inspired many people, including our staff. His greatest wish was to go fishing one last time before he died. The gleam in his eye for living fully was incontestable, so we arranged a plan to get him safely out on a boat in Hayden Lake. Fulfilling wishes like these are one of the more rewarding experiences for staff, our patients, and their families."



Liz Montgomery, Executive Director and Founder, told a heart-wrenching story about the day her son Mason died and how she was able to turn the tragedy of his death into educating others on safe infant sleep practices. Inland Northwest SIDS Foundation is a nationally recognized 501C3 dedicated to educating the public on safe infant sleep, bringing awareness to SIDS/SUID and providing emotional support to those who have experienced a pregnancy, infant or child loss.

"The Children's Village told a story of three siblings who blessed came to the household after some very traumatic circumstances. Though these little ones came to us malnourished, dehydrated and covered in dirt and feces—they found a loving home at Children's Village, where they were able to take activities on like Boy Scouts and not have to worry about where they were going to find food or shelter. Despite not winning the big prize, the story of these three kiddos touched one Impact Club member so much they handed Children's Village a check for \$1,000. This helps our kiddos blossom, smile, learn and love, which is truly the most fulfilling and rewarding experience for us here at Children's Village."



## Storytelling Tips for Nonprofits:

**NONPROFIT STORYTELLING: SEVEN TIPS FOR SHARING STORIES ABOUT YOUR WORK (FROM LORI JACOBWIDTH AT NONPROFITHUB.ORG)**

1. Stories should be about real people who need something, hopefully something that YOUR organization provides.
2. Allow the person in your story to have a real name, age, and to speak for themselves.
3. Minds wander, get real quickly. In about 4-10 seconds your listeners tune out if you haven't grabbed them. Don't tell me you are going to tell me a story about someone, just tell it. Start with the person's name, age and a few descriptive words.
4. Keep your story short. Six words to two minutes is the length I recommend.
5. Allow your story to cause me to feel something. Anger, sadness, happiness, pride—it doesn't matter what the emotion is, I just have to feel something.
6. Your story should have a moment when people see themselves or someone in their own lives. Could be their aging parents, the daughter of the person who made their latte today or their own child.
7. The best stories are told by the person themselves. Clients telling their own stories are the most moving way to share how your organization makes a difference.

Read the full article here:

<http://nonprofnthub.org/nonprofit-marketing-plan/nonprofit-storytelling-seven-tips-for-sharing-stories-about-your-work/>



Seniors! Parents! Counselors Educators!

# Questions ... ? It's all HERE: EdInfoCenterCDA.com

Links to Regional Education Information  
from Birth through Retirement

- ☒ Bookmark It
- ☒ Use It
- ☒ Contact us for Help

**START HERE!** Education INFORMATION Center™

**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!



**Knudtsen**  
CHEVROLET



**UPDATE!**

EdInfoCenterCDA.com : Over 2 years and growing!

The Education Information Center has been up & running for more than 2 years, and continues to provide the most comprehensive local Pre-K through Career education links and resources in the region.

- Hundreds new users monthly
- Updated Weekly
- Thousands utilizing its resources regularly
- On FIRST page of Google Searches

**Supporters of Education! Contact us for Involvement Opportunities!**



# Idaho Counties - Did Ya Know?

## LICENSE PLATES

Most people know that Idaho license plates start with a letter and/or number & letter combination.

The reason that some have numbers and some don't is simply because if there is more than one county that starts with B (for example), then they are assigned numbers along with the first letter of the county. For example:

Ada County: 1A

1 = the first alphabetical "A" County, along with the first letter of the name.

Adams County: 2A

2 = the second alphabetical "A" County, etc.

Idaho seems to have a thing for "B" counties - there are 10! (3 of which are in North Idaho --- Benewah, Bonner, & Boundary).

There are only 6 counties that ONLY have a letter, including our Kootenai County and neighboring Shoshone county.

## HOW MANY?

Idaho has 44 counties, more than its neighbors, Washington (39) and Oregon (36). Texas has the most at 254! Delaware is in last place with only 3.



## RHYME IT OUT

In some fourth grade classrooms, students memorize the counties with the following poem:

Ada is first with our capital town,  
 Adams' Seven Devils go straight up and down.  
 Then ten counties start with B;  
 Bannock, Bear Lake, Benewah three;  
 Bingham, Blaine, Boise, Bonner,  
 Bonneville, Boundary, Butte make ten.  
 Then the next seven start with C:  
 Camas, Canyon, Caribou three.  
 Cassia, Clark, Clearwater, Custer,  
 Are the Idaho C's we can muster.  
 Elmore, Franklin, Fremont, Gem,  
 Gooding and Idaho don't forget them.  
 Flatlands of Jefferson,

Potatoes of Jerome,  
 Kootenai, Latah, we're almost home.  
 Lemhi and Lewis,  
 Hurry, hurry, hurry!  
 Lincoln with its ice caves  
 Very very burry.  
 Madison, Minidoka, Nez Perce;  
 Our Indian accent grows worse and worse.  
 Oneida, Owyhee, a little faster please  
 Payette and Power are the only Ps.  
 Shoshone, Teton, Twin Falls, almost done,  
 Valley County and Washington.

*Author unknown*

**North Idaho College**  
**KIDS COLLEGE**  
 Kids can experiment with painting, cooking, rock climbing,  
 and sailing or learn skills in unmanned systems, video game  
 design, and robotics. Options for all ages.  
[www.nic.edu/kidscollege](http://www.nic.edu/kidscollege)  
 (208) 769-3333

**25 THINGS YOU SHOULD KNOW**  
 Catch them ALL in one place!  
[www.cdaschools.org / 25things](http://www.cdaschools.org/25things)  
 #CdASchools25things





# Important deadlines for 2018 High School Seniors

NOW is the time to apply for financial aid & scholarships for the 2018/2019 school year. Federal, State, and individual college deadlines vary widely. Most counselors recommend applying for federal financial aid with the FAFSA even if you think you won't qualify, or you think you won't need the aid.

- 2018/2019 FAFSA (Free Application for Federal Student Aid) is available NOW (FAFSA.ed.gov – Make sure to use THIS site to apply).
- Early 2018: Deadline for CSS / Financial Aid PROFILE Application (found at CollegeBoard.org)
- March 1, 2018: Idaho Deadline for applying for an Opportunity Grant. (A Federal Supplemental Educational Opportunity Grant (FSEOG) is a grant for undergraduate students with exceptional financial need.)
- February, March, & April are the main scholarship deadline months. Visit [edinfocenter.cda.com/](http://edinfocenter.cda.com/) Pay-for-School/ North-Idaho-Scholarships for local & regional scholarship opportunities.
- Contact your student's potential colleges to find out about school-specific scholarship opportunities and financial aid deadlines.

Don't wait! FAFSA changed in 2017 so that students now use "prior-prior" year tax information when reporting personal & family income. It is better to start the process than to wait and risk missing deadlines.



## Help for Dyslexia

It's hard to imagine anyone can make it through school without being able to read. From filling out a medical questionnaire to reading road signs, illiteracy can be crippling. Yet, in 2018, 1 in 4 children grow up without learning to read proficiently. According to the National Center for Education Statistics, as many as 17.7% of our population in Kootenai County lacks basic literacy skills. That means almost 2 in 10 children living here in Kootenai County are not receiving the help they need to become proficient readers.

Living with undiagnosed dyslexia is difficult. Being scolded for misspellings on homework and writing errors, ridiculed for mistakes, and teased for reading text inaccurately leave many kids surrounded by negativity that damages self-esteem. Kids, who struggle, know they struggle. They are confronted daily by the question, "Why is this so difficult for me?" Often, they submit to the only logical answer they can come up with, "I must be stupid." Nothing could be further from the truth. Children with dyslexia have normal or even gifted intelligence.

Often these are the kids that try hard in school, yet continue to get poor grades. They are also the ones who are creative, have remarkable insights, and a strong work ethic. If you know a child like this, there is help available. Research clearly shows that the correct remediation will give the skills necessary to become a proficient reader. Don't wait to find help.

**INFO**[www.Wired2Learn.com](http://www.Wired2Learn.com)

**Wired2Learn**  
NeuroEducation Clinic  
— Building on Strengths —

- Student Centered
- Loving Therapists
- Improve foundational reading skills
- Attain reading fluency & comprehension
- Build Self-Confidence and motivation to learn

208-699-6232

[www.wired2learn.com](http://www.wired2learn.com)



Mention this ad for a  
**FREE Initial Consultation (\$50 Value)**





# Save the Date!

**June 8, 2018****City Park & Beach****Downtown Coeur d'Alene****[familydaycda.com](http://familydaycda.com)**

## JUNE 8, 2018 NOON TO DARK

**IN COEUR D'ALENE CITY PARK****Annual Last Day of School Family Fun Celebration!****Free • Free • Free • and mostly Free!!!!****NEW!!**

- Fancy Flea Market
- Tastes of North Idaho, dozens of area restaurant samples
- Nonprofit outreach / activity booths, lots of give-a-ways
- Food Court and beer Garden
- Skate Park events
- Bounce Houses
- Cultural Center Presentations
- Fire engines, police cars and interactive heavy equipment
- FREE Books, Bike tune ups, plants and face painting and more
- Encore stage performances all day
- Petting zoo
- PaddleFest on water exhibitions
- Swag Bags
- CDAPD outdoor movie night!

### Don't miss out!

Contact North Idaho Family Group about Sponsorship Opportunities and to reserve vendor space at [www.familydaycda.com](http://www.familydaycda.com) or [FamilyDayinthePark@nifamily.com](mailto:FamilyDayinthePark@nifamily.com).





## NEW MEMBERS

AMERICAN FAMILY INSURANCE, THE HAMILTON AGENCY

THE ART SPIRIT GALLERY

WIRED2LEARN ACADEMY

COMMUNITY LIBRARY NETWORK

COEUR D'ALENE EDUCATION PARTNERSHIP

CDA ARTS & CULTURAL ALLIANCE

IDAHO PUBLIC TELEVISION

EVENSON CHIROPRACTIC

## RENEWING MEMBERS

COMMUNITY LIBRARY NETWORK

## OTHER NEWS

### NORTH IDAHO FAMILY GROUP TO REPRESENT NONPROFITS AT COR VISION GROUP

The City of Coeur d'Alene is purchasing the 47-acre property on the Spokane River known as the Atlas Waterfront Project. A diverse group of Community Organization Representatives (the COR Vision group) has been asked to help assess core community values, desires for the property's development, and potential uses. Results will be used by a consultant as part of a financial feasibility and market analysis. There will be more community wide public meetings, after the COR Vision meeting that all are welcome to attend on February 7th. .

### KOOTENAI HEALTH ANNOUNCES NEW BOARD MEMBER

Kootenai Health Foundation announced the addition of Heidi Rogers, Ed.D., as a member of the board of directors. Rogers began serving a three-year term on Wednesday, Jan. 10.

Email your "At a Glance" news to [community@nifamily.com](mailto:community@nifamily.com) for inclusion here and in "The Group Scoop" email newsletter!

# It's Groundbreaking!



The long-awaited groundbreaking for the new skatepark in Coeur d'Alene will happen this spring!

There will be a Fundraiser Banquet at the Coeur d'Alene Resort on February 17th to help raise the funds needed to include a \$150,000 bowl feature to the upcoming skatepark construction.



North Idaho's Largest Primary Care Provider

- Accepting New Patients -  
(208) 620.5250



[myHeritageHealth.org](http://myHeritageHealth.org)

# Strengthening Families through Collaboration

*Navigating resources in North Idaho is getting easier.*

Resources abound in North Idaho, but that doesn't guarantee people can or will find them.

The North Idaho Family Group, in partnership with Strengthening Families, St. Vincent de Paul Coeur d'Alene, Community Action Partnership, Heritage Health, Idaho Department of Labor, Panhandle Health District, and Citilink is making it easier for families to access the resources they need most.

The North Idaho Services Directory launched in 2016, providing immediate & basic needs resources by category & location. It is used by the public & first responders to access resources across multiple categories in one location, such as health, housing, jobs, food, and transportation. Still, with hundreds of listings, finding the right resource for a specific situation can be a challenge.

## INTRODUCING ... ICONS AND CONTACTS

The Strengthening Families group designated seven MAIN categories: Housing, Food, Health & Well-being, Jobs, Legal, Transportation, and Community. (Education may be added as well).

For each main category, a local organization or agency was designated as the "Primary Contact," e.g. Heritage Health for the Health & Well-being category. These organizations are available by phone to assist clients navigate to and locate the best services for their needs.

## CURRENT, CONSISTENT, COLLABORATION

An important added benefit to the collaboration with multiple agencies is that it will greatly assist in keeping the online services directory (NIServicesDirectory.com) CURRENT, which has been a major hurdle for other print and online resources.

Further, partner agencies such as Heritage Health will use these same icons in print materials and messaging to their clients, so that our community becomes familiar with the icons, contacts, and message.

Shelly Zollman, Director of the North Idaho Family Group, is "excited at the prospect that agencies see the benefit of working together, not duplicating services, and leveraging resources."

Links & more info available at [nifamily.com](http://nifamily.com).

## Resource Guide

	<b>Housing:</b> Emergency Shelter, Transitional Housing, Rental Assistance, Affordable Housing  St. Vincent de Paul North Idaho 208-664-3095
	<b>Food:</b> Food Pantry, Meal Sites, Nutrition, WIC, Food Stamps  Community Action Partnership 208-664-8757
	<b>Health &amp; Well-being:</b> Pediatric/Adult health, Mental Health, Substance abuse, Dental  Heritage Health 208-620-5250 or 208-620-5200
	<b>Jobs:</b> Job Services, Resume & Interview Assistance, Clothing  Idaho Department of Labor 208-457-8789
	<b>Legal:</b> Legal Services (limited), Legal Form Printing, Law Enforcement  St. Vincent de Paul North Idaho 208-664-3095
	<b>Transportation:</b> Transportation to medical and jobs for those who meet program qualifications.  Citilink 208-446-1616
	<b>Community:</b> Connections to Groups, Resources, Education, Events  St. Vincent de Paul North Idaho 208-664-3095

### Other Resources:

[www.NIServicesDirectory.com](http://www.NIServicesDirectory.com)  
211.Idaho.Gov / Dial: 211



# The Story of Stone Soup

Once upon a time there was a great famine in which people jealously hoarded whatever food they could find, hiding it even from their friends and neighbors. One day a wandering traveler who hadn't eaten in days arrived in a village asking for a small meal.

"There's not a bite to eat in the whole province," he was told. "Better keep moving on."

"I have asked you for food and you have no food. Well, we will have to make stone soup!" he said. He asked for large iron pot, filled it with water, and built a fire under it. Then, with great ceremony, he pulled an ordinary smooth stone from his pocket and dropped it into the water.

By now, hearing the rumor of food, most of the villagers had come to the square or watched from their windows. As the traveler sniffed the "broth" and licked his lips in anticipation, hunger began to overcome their skepticism.

"Ahh," the traveler said to himself rather loudly, "I do like



a tasty stone soup. Of course, stone soup with carrots -- that's hard to beat."

Soon a villager approached, holding carrots he'd retrieved from his cellar, and added it to the pot. "Capital!" cried the traveler. "You know, I once had stone soup with carrots and a bit of beef as well, and it was fit for a king."

The village butcher managed to find some beef... and so it went, through salt, pepper, potatoes, onions, cabbage, mushrooms, and so on, until there

was indeed a delicious meal for all. The villagers offered the traveler a great deal of money for the magic stone, but he refused to sell and traveled on the next day.

## Chicken Enchilada Soup

- 1 lb diced chicken breast
- 2 tbsp vegetable oil
- 1 cup heavy cream
- ½ cup diced yellow onion
- ½ cup diced green pepper
- ½ cup diced red pepper
- 1 bunch cilantro chopped
- 2 tbsp minced garlic
- 8 oz canned diced green chiles
- 16 oz green enchilada sauce
- 2 cups shredded cheddar cheese
- 1½ qt chicken stock
- 8 oz cut tortilla
- 1½ tbsp chili powder
- 1½ tbsp cumin
- 1½ oz onion powder
- 1 tsp black pepper

In large sauce pan heat vegetable oil, add chicken meat and brown. When chicken is fully cooked add peppers and onion mix and cook until translucent. Add garlic, chicken stock, heavy cream, chiles, enchilada sauce, chili powder, cumin, onion powder and black pepper. Bring to a boil then reduce heat to a simmer, allow to simmer 20 minutes. Add cilantro, tortillas and cheese stirring constantly to prevent from sticking. Cook until tortillas are fully dissolved. (Slightly thicken with corn starch slurry if desired)

## Rustic Italian Tortellini Soup

Chef Phil Biggerstaff, Hospice of North Idaho

- 3 Italian turkey sausage links (4 oz each), casings removed
- 1 medium onion, chopped
- 6 garlic cloves, minced
- 2 cans (14½ oz each) reduced-sodium chicken broth
- 1¾ cups water
- 1 can (14½ oz) diced tomatoes, undrained
- 1 package (9 oz) refrigerated cheese tortellini
- 1 package (6 oz) fresh baby spinach, coarsely chopped
- 2¼ tsp minced fresh basil or ¾ tsp dried basil
- ¼ tsp pepper
- Dash crushed red pepper flakes
- Shredded Parmesan cheese, optional

Crumble sausage into a Dutch oven; add onion. Cook and stir over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Stir in the broth, water and tomatoes. Bring to a boil.

Add tortellini; return to a boil. Cook for 7-9 minutes or until tender, stirring occasionally. Reduce heat; add the spinach, basil, pepper and pepper flakes. Cook 2-3 minutes longer or until spinach is wilted. Serve with cheese if desired.

Yield: 6 servings (2 quarts).

## Pumpkin Chili

- 2 cups black beans, cooked
- ½ medium sized pumpkin, cubed
- 1 tbsp grape seed oil
- ¼ onion
- 1 shallot
- 1 clove garlic
- 1 pint canned salsa
- ¼ cup sun-dried tomatoes
- 1 tbsp pumpkin pie spice
- 2 tbsp cocoa powder
- 1 tsp chili powder
- 1 tbsp cumin
- 1 tsp salt
- water to cover, to desired consistency, roughly 2-4 cups

Soak, sprout and cook black beans ahead of time.

Caramelize onion, shallot, and garlic in grape seed oil. Add remaining ingredients with enough water to cover all ingredients, to desired consistency. The longer you let it cook, the better!



## 2018 Family Day in the Park Sponsorship Opportunities



**ATTENTION VENDORS, NONPROFITS, CIVIC GROUPS :: SAVE THE DATE! - JOIN US FOR THE PREMIER, OLD FASHIONED FAMILY FUN EVENT IN THE REGION.**

With over 4,000 attending in 2017, the spring 2018 event promises to be bigger and better. Flea Market space by reservation. Save your best stuff now, plan on a great sale in the spring! Contact us for vendor, volunteer, sponsor or organization participation and planning information.

- ☐ **Title Sponsorship** (*EXCLUSIVE. Includes but not limited to: Activity Sponsor benefits plus company name title, listing on event banner at park, additional ad in winter issue, cover page listing on Event Program*)
- ☐ **Activity Sponsor** (*Includes but not limited to: Major benefits + banner at event activity, recognition/signage in all event marketing*)
- ☐ **Major Sponsor** (*Includes but not limited to: Partner benefits plus ad in Event Program*)
- ☐ **Partner** (*Includes but not limited to: Supporter benefits + logo in program*)
- ☐ **Supporter** (*Includes but not limited to: listing in magazine and announcement at event*)
- ☐ **Vendor** (*non-member*)

**SPONSORSHIP/VENDOR INFO:**

**OFFICIAL WEBSITE:** [FAMILYDAYCDA.COM](http://FAMILYDAYCDA.COM) **FACEBOOK:** [FACEBOOK.COM/CDAFAMILYDAYINTHEPARK](https://www.facebook.com/CDAFAMILYDAYINTHEPARK) **PHONE:** 208-699-0126

## SUBSCRIBE to The North Idaho Family Magazine!

JOIN OUR MAILING LIST to receive your FREE copy! Visit [www.nifamily.com/contact-us](http://www.nifamily.com/contact-us) or Email [Community@NiFamily.com](mailto:Community@NiFamily.com) with your name and Mailing Address and we'll add you to the list!



### Distribution:

Counter & rack locations, schools and member organizations throughout Kootenai County. Entire magazine appears on [www.niFamily.com](http://www.niFamily.com).

## Advertising Rates

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

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

*Rates include standard production. Additional fees for unusual production.*



# Don't be SAD!

by Bill Rutherford

According to NIMH, Seasonal Affective Disorder (SAD) is a type of depression displaying a recurring seasonal pattern. To be diagnosed with SAD, people must meet full criteria for major depression coinciding with specific seasons (appearing in the winter or summer months) for at least two years. Seasonal depressions must be much more frequent than any non-seasonal depressions.

## **SYMPTOMS OF MAJOR DEPRESSION:**

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleep
- Experiencing changes in your appetite or weight

- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide.

## **SYMPTOMS OF THE WINTER PATTERN OF SAD INCLUDE:**

- Having low energy
- Hypersomnia
- Overeating

- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like "hibernating")

Bill Rutherford is the principal of NW Expeditionary Academy and a former mental health care professional. Visit [nifamily.com](http://nifamily.com) for links to Bill's excellent articles about SAD and other SAD resources.



### **New Patients Welcome**

We Specialize in Pediatric and Adolescent Care.



Check out our Online Patient Services at

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



Evening and Saturday Clinic Available

**3 Locations to serve you!**

700 W. Ironwood Dr, Coeur d'Alene – 667-0585

1300 E. Mullan Ave, Post Falls – 777-1330

9095 N. Hess St, Hayden – 772-8940



# AiCM

AMERICAN INSTITUTE of CLINICAL MASSAGE

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

## Are you ready for a new career in a growing healthcare field?



Join a profession that helps people feel better.

We have specific Medical Massage classes built into our curriculum.

The mission of the American Institute of Clinical Massage in Post Falls is to create valuable well-trained massage therapists for the spa and health care fields of the Inland Northwest!

Come talk to us about our unique tuition credit program and how we can make it work for you!



208.773.5890 • [aicm.edu](http://aicm.edu) • 4365 Inverness Drive, Post Falls  
Located on the lower level of the Highlands Building



# Free CPR Training February 8

There will be a free CPR, AED, and First Aid training! Keep The Beat strives to increased number of citizens throughout the community properly trained to recognize and provide initial care for a variety of emergencies. Importantly, this training will provide attendees with life-saving knowledge to help stabilize situations to allow emergency medical professionals to arrive.

- + Sessions are taught by local volunteers and CPR Central
- + The first 300 people to complete training will receive a swag bag with the opportunity to randomly receive gift cards valued up to \$100
- + Family-oriented training sessions

## TWO SESSION OPTIONS:

Short sessions (hands-only CPR) last 30 minutes and occurs from 4-7 pm at the Silver Lake Mall Common Area and Cabela's. No registration is required.

Long sessions (American Safety & Health Institute's CPR, AED, and First Aid course) last 4 hours, starting at 8:00 am, 1:00 pm and 6:00 pm. These sessions will be held at CPR Central (503 W Appleway Ave, Coeur d'Alene). Register at <http://www.cprcentral.com/beat.html> or (833) 277-2368.

Keep The Beat is funded by the Herbert D. McAvoy Fund in the Idaho Community Foundation. Thank you to our event organizers for helping to enhance community preparedness: 9-11 training LLC, Coeur d'Alene Fire Department, CPR Central, Kootenai County Emergency Management, Kootenai County Fire & Rescue, Kootenai Health, North Idaho Medical Reserve Corps, EFT, Heart Safe, Panhandle Health District and CDA 2030.

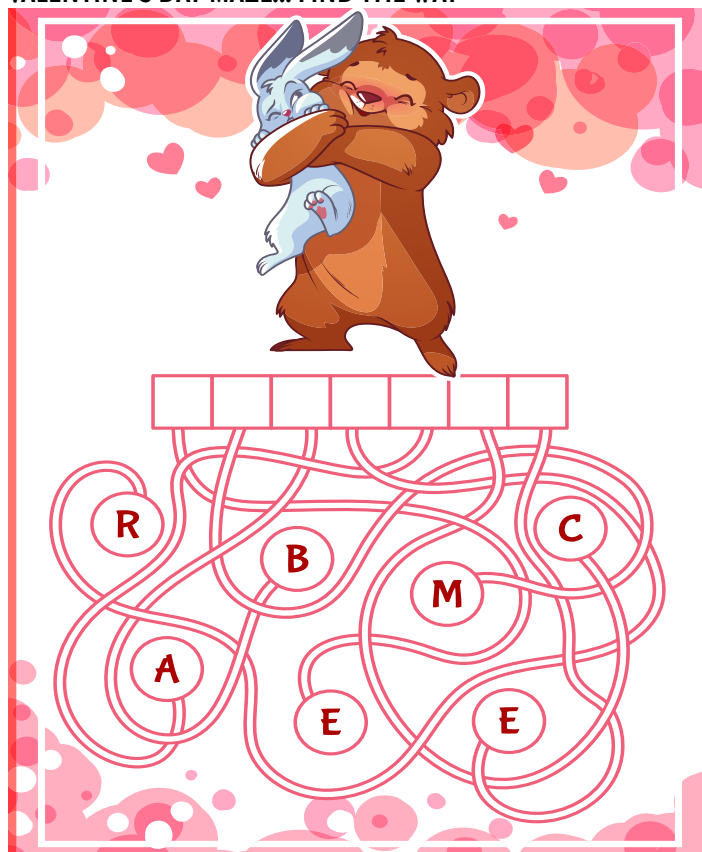


INFO

[www.cda2030.org](http://www.cda2030.org)

## Fun with Puzzles!

### VALENTINE'S DAY MAZE... FIND THE WAY



### ST. PATRICK'S DAY WORD SEARCH







# 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

- 3.** Watch the eagles at Wolf Lodge Bay and Beauty Bay. It's a local treat from December through February.

- 4.** Bundle up & go sledding! Designated Sledding Destinations:  
Cherry Hill - near the fire station off 15th Street  
Lost Avenue - Dollar Street to 15th Street  
South Dollar Street - The area south of Sherman Avenue  
Boyd Avenue - 9th Street to 10th Street



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



- 6.** Time flies so get a jump on college planning! Sit down with your kids and talk about college and the future - Make a plan, including a list of questions. Visit [edinfocentercda.com](http://edinfocentercda.com) for ideas.

- 7.** Bundle up and take a walk along the Centennial Trail or around Tubbs Hill.

- 8.** Enjoy a family bowling night at Sunset Bowling or Triple Play.

- 9.** Plan your fantasy summer vacation - Check out warm weather websites and magazines, and plan a future getaway with friends and family.

- 10.** Learn how to knit or crochet and then make your friend a hat or scarf!

- 11.** Search "Winter Kid Activities" on Pinterest and find out how to make FROZEN Erupting Snowballs, a Snow Storm in a Jar, or Crystal Suncatchers.



- 12.** Go to the Sandpoint Winter Carnival - Don't miss the Ski Joring! (Feb 16-25)

- 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 Leprechaun Scurry on March 10 to support Lake City High School's Cross Country Team



- 25.** Make Hot Cocoa from scratch.








# "Adulting" Part II

## #Adulting

The Fall 2017 issue of the North Idaho Family Magazine kicked off a series on "Adulting." This issue features "10 Tips & Tricks" compiled by guest columnist and "adulging specialist," Ariel Mesenbrink.

1. Heritage Health has a sliding scale based on your income. You may only end up paying \$20 or so for a full checkup. Heritage Health has multiple North Idaho locations, as well as a Mobile Clinic. (Finally get that weird rash looked at!) 
2. FamilyWize provides free prescription discount cards, helping everyone get access to the medicine they need
3. STCU offers free classes on organizing your finances and figuring out credit scores at least twice a month in multiple North Idaho Locations.
4. No time to figure out how to do taxes? No problem! Tax-aide does free tax preparation for you at the Silverlake Mall. 
5. Ready! For Kindergarten in Post falls, Lakeland, and Coeur d'Alene school districts offers free parent workshops on how to make sure your 2-5yo is meeting all the benchmarks they need before they toddle off to school. Lots of free educational toys if you go
6. St. Vincent de Paul Thrift Stores offer 50% everything on Wednesdays.
7. Legal Link services are available Tuesday and Thursday from 1pm-3pm from St. Vincent de Paul (H.E.L.P. Center) for free. Know your rights!
8. The Kroc will let you apply for scholarships so you can stay in tip-top shape this new year.
9. [www.vistacampus.gov/glossary-financial-terms](http://www.vistacampus.gov/glossary-financial-terms) is an excellent glossary of financial terms.
10. Find healthy & easy-to-make meals at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov). It even helps filter ingredients if you are on food stamps. 

Hyperlinks to the above resources are on [NIFamily.com](http://NIFamily.com)

Ariel Mesenbrink is the AmeriCorps VISTA Leader at the United Way of North Idaho.

## KEEP YOUR DREAMS IN DRIVE.

CALL ME TODAY AT (208) 209-4321.

**Miranda Hamilton, Agent**  
8246 N Government Way  
Hayden, ID 83835  
[mhamilt5@amfam.com](mailto:mhamilt5@amfam.com)  
[amfam.com](http://amfam.com)



American Family Mutual Insurance Company, S.L.  
American Family Insurance Company,  
6000 American Parkway, Madison, WI 53783  
006441 - Rev. 11/15 ©2015 - 7042147

## JUMP FOR JOY

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

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



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

**RENTALS NOW AVAILABLE**

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

250 West Dalton Ave. | Coeur d'Alene, ID 83815 | 208-664-5200 | [info@jumpforjoycda.com](http://info@jumpforjoycda.com)  
[www.jumpforjoycda.com](http://www.jumpforjoycda.com)



## 2018 Summer Camps

The North Idaho Family Magazine Spring Issue will include our annual “Let’s Go to Summer Camp!” section, with comprehensive information on 2018 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.



## Coming to IdahoPTV!

**IDAHO**  
KIDS CHANNEL  
**FEBRUARY 2018**



**FREE**  
OVER-THE-AIR  
ON



\*The Idaho PBS KIDS Channel will provide family friendly content 24 hours a day, every day



LIVE STREAMING @ [IDHOPTV.ORG/KIDS/](http://IDHOPTV.ORG/KIDS/)

THANK YOU TO OUR FOUNDING SPONSORS:





# NEW CHANNEL BRINGS PBS KIDS TO IDAHO AROUND THE CLOCK

In February, Idaho Public Television officially launches its fifth broadcast channel — and this one is packed full of educational programs for kids, airing all day and night. **The Idaho PBS KIDS Channel** will be available for free on channel 26.5 in the Idaho Panhandle and on channel 12.5 in the Palouse/Camas Prairie region. On Feb. 1, you may need to “rescan” your television or digital receiver to add the new channel.

The channel is already streaming live on the IdahoPTV website ([idahoptv.org/kids](http://idahoptv.org/kids)). The online experience offers an integrated games feature, enabling children to toggle between a PBS KIDS show and an educational game that aligns with the learning goal of that show.

Programs on the new channel include favorites such as *Daniel Tiger's Neighborhood*, *Wild Kratts*, *Ready Jet Go!*, and *Splash and Bubbles*. It also includes PBS KIDS favorites not currently available on IdahoPTV: *Fetch With Ruff Ruffman*, *Cyberchase*, *WordWorld* and others.

The channel will also be home to the newest PBS KIDS creation, *Pinkalicious & Peterrific*, when it premieres on Feb. 19. Based on the book series by Victoria Kann, this new series encourages children ages 3-5 to engage in the creative arts and self-expression, covering areas such as music, dance and visual arts.

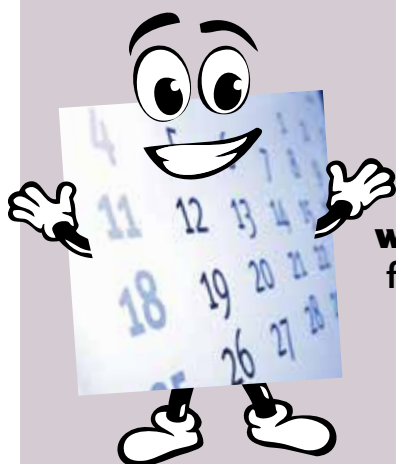
The Idaho PBS KIDS Channel is made possible thanks to founding sponsors who support 24/7 educational programming: **CapEd Federal Credit Union**, **Albertsons**, **IDEAL - Idaho's 529 College Savings Program** and **Blue Cross of Idaho Foundation for Health**.



[idahoptv.org/kids](http://idahoptv.org/kids)

## North Idaho Charitable Events Calendar

FREE



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

- Jan 26** Family Promise Northwest Fest & Salmon Feast @ Cd'A Eagles
- Jan 26-28** Banff Mountain Film Festival | Kroc Center
- Feb 1** Popping Corks for Autism @ Liberty Lake Wine Cellars
- Feb 3** Firehouse Chili Cook-Off @ Coeur d'Alene Fire Station #4
- Feb 3** Hospice Wine Taste 2018 "Live Your Adventure, Choose Your Path" @ Hayden Lake Country Club | [hospicewinetaste.org](http://hospicewinetaste.org)
- Feb 9** Downtown Coeur d'Alene Chocolate Affair | [cdadowntown.com](http://cdadowntown.com)
- Feb 10** CDA Charter Soup/Chili Cookoff | [cdacharter.org](http://cdacharter.org)
- Feb 10** STEMghetti Dinner and Auction @ Cd'A Eagles
- Feb 16-25** Sandpoint Winter Carnival | [sandpointwintercarnival.com](http://sandpointwintercarnival.com)
- Feb 17** Mardi Gras "Krewe d'Alene" to benefit the Coeur d'Alene Arts & Cultural Alliance | [artsandculturecda.org](http://artsandculturecda.org)
- Feb 17** Coeur d'Alene Skate Park Fundraiser Banquet @ The Coeur d'Alene Resort | [cdask8prk.com](http://cdask8prk.com)
- Feb 23** Annual Hearts for Homes Dinner and Auction" Habitat for Humanity fundraiser | [northidahohabitat.org](http://northidahohabitat.org)
- Feb 24** Northern Regional Winter Games, Special Olympics Silver Mountain | [idso.org](http://idso.org)
- Mar 3** Tesh's Mardi Gras Madness @ Best Western Plus CDA Inn
- Mar 3** TESHfest | [teshinc.com](http://teshinc.com)
- Mar 3** Wine, Stein and Dine, Post Falls Education Foundation Fundraiser | [pfefwsd.org](http://pfefwsd.org)
- Mar 9** CCS 36th Annual Auction & Dinner @ Christian Center School
- Mar 10** Matt's Place Foundation Pub Crawl | Downtown CDA
- Mar 10** Leprechaun Scurry @ Lake City High School
- Mar 10** Children's Village Annual Spring Benefit @ Coeur d'Alene Casino Resort [thechildrensvillage.org](http://thechildrensvillage.org)
- Mar 10** 12th Annual Royal Raffle & Benefit Ball @ The Cd'A Resort
- Mar 14** North Idaho CASA Ray of Hope Community Luncheon [northidahocasa.com](http://northidahocasa.com)
- Mar 16** Sorensen Magnet School Auction & Soiree @ Cd'A Resort
- Mar 17** NICS Royal Auction @ Red Lion Templin's Hotel
- Mar 31** "Spring Carnival" Silver Mountain | [silvermt.com](http://silvermt.com)
- Apr 6** 7th Annual Cowboy Ball @ Kootenai County Fairgrounds
- Apr 14** Aw\$um Auction, Coeur d'Alene Chamber Fundraiser [cdachamber.com](http://cdachamber.com)
- Apr 22** Spring Dash – United Way of Kootenai County [unitedwayofnorthidaho.org](http://unitedwayofnorthidaho.org)
- Apr 28** 2018 Dancing with Celebrities @ Coeur d'Alene Casino Resort Hotel
- May 3** Idaho Gives | [idahononprofits.org](http://idahononprofits.org)
- May 12** North Idaho Veterans' StandDown | Kootenai County Fairgrounds [stvincentdepaulcda.org](http://stvincentdepaulcda.org)
- May 23** From Bach to ROCK @ North Idaho College, Schuler Performing Arts Center
- June 8** Family Day in the Park & Fancy Flea Market @ Coeur d'Alene City Park





# 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 canceled.

## 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](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) \_\_\_\_\_ Your Name, hereby make application for an absent elector's ballot or ballots to be voted at the election held on: (Check election this application is to be used for)

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

☐ Special Emergency Election to be held on \_\_\_\_\_

My home address is: \_\_\_\_\_ Your Address in Coeur d'Alene (House Number and Street) (City)  
 and I am duly registered in Kootenai County, Idaho.

Please email ballot(s) to me at the following address:  
 Your Name (Last, first)  
 Your Address (Mailing address)  
 Your City, State, Zip (City, State and Zip Code)

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'ALENE, ID 83816-9000  
 PHONE: (208) 446-1030  
 FAX: (208) 446-2184 EMAIL: [kcelections@kcgov.us](mailto:kcelections@kcgov.us)

ELECTOR MUST PERSONALLY SIGN APPLICATION  
\_\_\_\_\_ Your Signature (Initials)

OFFICIAL USE ONLY  
 Print # \_\_\_\_\_  
 Log Dist # \_\_\_\_\_  
 Code: W M C T \_\_\_\_\_

## Update your calendar with Registration Deadlines:

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

## Schedule your Annual Check Ups:

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



## Block out Special Events:

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







# Preparing for Hospice Care: When is the right time to call Hospice?

Families often say that they wished they would have started Hospice's care earlier. Hospice care typically provides direct care to patients wherever they reside, including:

- Prescriptions
- Medical Billing Management
- Support for caregivers with continual education
- Clinical care
- Connections with social resources
- Volunteer services
- Compassionate emotional support



Hospice of North Idaho's comprehensive care can begin early in the stages of a life-limiting diagnosis, with Palliative Care, even while treatments are on-going. Traditional hospice care can begin as early as a 6-month prognosis and when treatments are no longer chosen. Both programs help each person embrace their vision for a quality life. Many caregivers feel relief by the assistance they and their loved one receive. Expert care is provided to all patients regardless of their financial circumstances.

Families are encouraged to research hospice options early to create plans, avoid obstacles, ask questions, and become familiar with the options that are available to them.

INFO

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


## PAWS FOR A MOMENT

### Who Let the Dogs Out?!

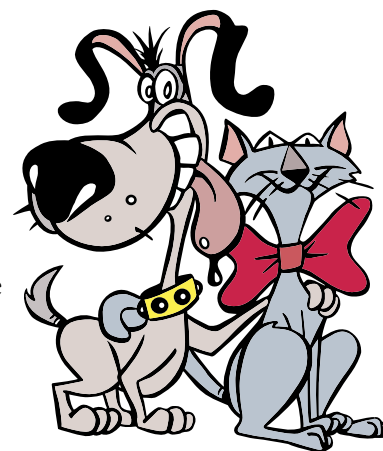
### Understanding Dog Park OWNERS

Signs at local dog parks indicate proper etiquette and responsibilities for pet owners. Clean up after your pet, you're responsible, and assure your pet is properly vaccinated. There is often more to the dog park dynamic from the owner perspective than a sign can portray. Here are a few tips to managing the different pet owner personalities and pet interaction and training styles.

Think Pre-school. You're not just dealing with dogs, you're dealing with dog OWNERS. As with toddlers & parents, there's a whole gamut of personalities & "parenting" styles that translate to how owners behave with their dogs:

1. **Over-protective helicopter** owners: Any running or wrestling is NOT acceptable and they either leave quickly, or chastise other dogs/owners for not "minding their dogs." These poor dogs will probably never be socialized and always have issues.
2. **Pragmatic**, "let 'em be dogs" owners: Attentive, but not hovering. The dogs sniff and figure each other out. The dogs act like dogs, with the understanding that barking and running and wrestling is going to happen. However, if their dog gets out of line, they react with appropriate discipline.
3. **Distracted** owners: The dog park is a chore. Owner is on their cell phone and not paying attention. The dog is causing problems and they are either in denial or don't care. Doesn't interact with other dog owners.

Finding or building a like-minded group of dog owners that communicate well, understand each others' dogs and support each others' training and pet relationship styles will aid in better friendships and well socialized, happy pets.



Dedicated to:

- |          |            |
|----------|------------|
| • Pima   | • Ruby     |
| • Toby   | • Ollie    |
| • Tip    | • Copper   |
| • Daisy  | • Milo     |
| • Claire | • Norma    |
| • Max    | • Toby 2   |
| • Barron | • Oreo     |
| • Frodo  | • Mamacita |
|          | • Margo    |

# MEMBER DIRECTORY

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

## Child/Youth - Services/Support

American Childhood Cancer Organization Inland Northwest | PO Box 8031 Spokane, WA | 509-443-4162 | [acco.org/inlandnw](http://acco.org/inlandnw)  
Boys & Girls Club of Kootenai County | 925 N. 15th St. | Cd'A | 208-618-2582 | 200 W. Mullan Ave. | Post Falls | 208-457-9089 | [northidahobgc.org](http://northidahobgc.org)  
Campfire Inland Northwest | 524 N. Mullan | Spokane WA | 509-747-6191 | [campfireinc.org](http://campfireinc.org)  
Guardians of the Children | 2315 N Rebecca St | Spokane WA | 509-998-2535 | [guardiansofthechildren.com](http://guardiansofthechildren.com)  
Girl Scouts of Eastern Washington & Northern Idaho | 509-747-8091 | [gsewni.org](http://gsewni.org)  
Idaho Youth Ranch/Anchor House | 1609 N. Government Way | Cd'A | 667-3340 | [youthranch.org](http://youthranch.org)  
Kid Centric Sports Association | 6848 N. Government Way, STE 114, PMB #46 Dalton Gardens | 659-3130 | [kcsa-kidcentric.org](http://kcsa-kidcentric.org)  
Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee 208-882-6904 | [infanttoddler.idaho.gov](http://infanttoddler.idaho.gov)

## Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave | Cd'A | 292-2359 | [hrei.org](http://hrei.org)  
Panhandle Kiwanis | 651-0999 | [panhandlekiwanis.org](http://panhandlekiwanis.org)

## Crisis Intervention

Emergency, Fire & Police | 911  
Child Protective Services | 1120 Ironwood Drive | Cd'A | 855-552-5437 | [healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)  
Children's Village | 1350 W. Hanley Ave. | Cd'A | 667-1189 | [thechildrensvillage.org](http://thechildrensvillage.org)  
ICARE | 201 E. Harrison Ave | Cd'A | 676-1515 | [icareforchildren.org](http://icareforchildren.org)  
Domestic Violence Hotline | 664-9303  
Idaho Poison Control Center | ID | 800-222-1222  
Idaho Suicide Prevention Hotline | 800-273-8255  
Kootenai County Crisis Hotline | 664-1443  
Kootenai County Sheriff | 466-1300 or 911  
National Center for Missing and Exploited Children | 800-843-5678  
Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Cd'A | 625-4884 | [nicrisiscenter.org](http://nicrisiscenter.org)  
Post Falls Police Victim Services Unit | 1717 E. Polston Ave. | Post Falls | 773-1080 | [postfallspolice.com](http://postfallspolice.com)  
Rape Crisis Line | 661-2522  
Safe Passage | 850 N. 4th St. | Cd'A | 664-9303 | [safepassageid.org](http://safepassageid.org)

## Education - Adult

American Institute of Clinical Massage | 4365 Inverness Drive | Post Falls | 773-5890 | [aicm.edu](http://aicm.edu)  
North Idaho College | 1000 W. Garden Ave. | Cd'A | 769-3315 | [nic.edu](http://nic.edu)  
North Idaho Higher Education | [northidahohighereducation.org](http://northidahohighereducation.org)  
North Idaho College Workforce Training & Community Education | 525 W. Clearwater Loop, Post Falls | ID | 769-3222 | [nic.edu/wtc](http://nic.edu/wtc)  
University of Idaho | 1031 N. Academic Way, Suite 242 | Cd'A | 667-2588 | [uidaho.edu](http://uidaho.edu)

## Education - Child

Coeur d'Alene Charter Academy | 4904 N. Duncan Dr | Cd'A | [cdacharter.org](http://cdacharter.org)  
Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct. | Cd'A | [cdaschools.org](http://cdaschools.org)  
Coeur d'Alene Education Partnership | Cd'A | 714-4561 | [cdaep.org](http://cdaep.org)  
Gizmo-CDA | 806 N 4th St | Cd'A | 651-6200 | [gizmo-cda.org](http://gizmo-cda.org)  
Hope on the Homefront @ Cd'A #271 | 1400 N Northwood Center Ct | 664-8241 x1061 | [cdaschools.org/Page/711](http://cdaschools.org/Page/711)  
Idaho Distance Education Academy | 877-1513 | [idahoidea.org](http://idahoidea.org)  
Iris' House Pre-School & Childcare | 410 N 20th St | Cd'A | 667-3785  
KTEC-Kootenai Technical Education Campus | 6838 W. Lancaster Rd. Rathdrum | 208-712-4733 | [ktectraining.org](http://ktectraining.org)

Lake City Figure Skating / Frontier Ice Arena | 3525 W Seltice Way | Cd'A | 603-667-7178 | [lakecityfigureskating.org](http://lakecityfigureskating.org)  
Lake City Highland Dance Inc. | Silver Lake Mall | Cd'A | 771-0828 | [lakecityhighlanddance.com](http://lakecityhighlanddance.com)  
Mountain States Early Head Start | 411 N. 15th St, Ste 200 | Cd'A | 765-6955 | [msehs.org](http://msehs.org)  
North Idaho College Head Start | 411 N. 15th St, Ste 103 | Cd'A | 765-6755 | [nicheadstart.org](http://nicheadstart.org)  
Stories with Stewy | Cd'A | 660-8529 | [storieswithstewy.com](http://storieswithstewy.com)  
Wired2Learn Academy | 1800 N. Hwy 41 | Post Falls | [wired2learnacademy.com](http://wired2learnacademy.com) | 699-6232  
Xanterra FLL (First Lego League) | [facebook.com/XanterraFLL](http://facebook.com/XanterraFLL)

## Family Services

Family Promise of North Idaho | 501 E. Wallace Ave. | Cd'A | 777-4190 | [familypromiseni.org](http://familypromiseni.org)

## Food, Agriculture, Nutrition

Eat Smart Idaho - U of I Extension | [uidaho.edu/extension/eat-smart-idaho](http://uidaho.edu/extension/eat-smart-idaho)  
Inland Northwest Food Network | Cd'A | 546-9366 | [inwfoodnetwork.org](http://inwfoodnetwork.org)

## Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise | 800-926-2588 | [idahocareline.org](http://idahocareline.org)  
Coeur d'Alene Parks Department | 710 E. Mullan Ave. | Cd'A | 769-2252 | [cdaid.org/parks](http://cdaid.org/parks)  
Department of Health and Welfare | 1120 Ironwood Drive | Cd'A | 769-1409 or 2-1-1  
Family Resource & Training Center (formerly Idaho Child Welfare Research & Training Center) | 2005 Ironwood Parkway, Suite 200 | Cd'A | 800-745-1186 | [icwrtc.org](http://icwrtc.org)  
Luke Malek | Idaho State Representative | 208-661-3881 | [lukemalek.com](http://lukemalek.com)

## Healthcare

After Hours Urgent Care | 1300 E. Mullan Ave. | Post Falls | 777-1157 | [nifp.com](http://nifp.com)  
Evenson Chiropractic | 916 W Ironwood Dr Suite 1 | Cd'A | 769-4800  
Heritage Health (formerly Dirne) | 1090 Park Place | Cd'A | 292-0292 | [myheritagehealth.org](http://myheritagehealth.org)  
Hospice of North Idaho | 9493 N Government Way | Cd'A | 691-6996 | [honi.org](http://honi.org)  
Integration for Performance | Brain Integration & Physiology | 2065 W Riverstone Drive Suite 207 | Cd'A | 991-8300 | [goseeDiane.com](http://goseeDiane.com)  
Kootenai Health | 2003 Kootenai Health Way | Cd'A | 667-3742, PF 619-4100, SP 263-6763 | [kootenaihealth.org](http://kootenaihealth.org)  
Kootenai Urgent Care | 700 Ironwood Dr., Ste 170E | Cd'A | 667-9110 | [kootenaiurgentcare.com](http://kootenaiurgentcare.com)  
Open Arms PCC & Real Choices Clinic | 1800 Lincoln Way #201 | Cd'A  
Panhandle Health District | 8500 N. Atlas Rd. | Hayden | 415-5100 | [panhandlehealthdistrict.org](http://panhandlehealthdistrict.org)  
Shriner's Hospital for Children | 911 W. 5th Ave. | Spokane, WA | 509-455-7844 | [shrinershospitalsforchildren.org/spokane](http://shrinershospitalsforchildren.org/spokane)  
Spoelstra Family Chiropractic | 214 W Sunset Ave | Cd'A | 667-7434 | [cdahealth.com](http://cdahealth.com)

## Healthcare - Mental

Imagine Behavioral & Developmental Services | 7905 Meadowlark Way, Suite C Cd'A | 762-1250 | [imaginebehavior.com](http://imaginebehavior.com)  
Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Cd'A 625-4884 | [nicrisiscenter.org](http://nicrisiscenter.org)  
Northwest Behavioral Health | 1612 N. 3rd St. | Cd'A | 765-4509

## Misc.

American Family Insurance - The Hamilton Agency | 8246 N Government Way | Hayden | 209-4321

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

Attorneys Northwest, Inc. | 1910 Northwest Blvd., Suite 200 | Cd'A  
664-1139 | attorneysnw.com

CDA 2030 | 105 N 1st St #100 | Cd'A | 415-0112 | CDA2030.org

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

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

Coeur d'Alene Canoe & Kayak Club, Inc | PO Box 3312 | Cd'A | cdacanoekayakclub.org

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

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

Eat This! Italian Ice | 2900 N Government Way | Hayden | 416-1300

Elite Auction | PO Box 1354 Hayden 83835 | 208-640-7449  
eliteauctioninc.com

Emerge | 208 N 4th St | Cd'A | 818-3342 | emergecda.org

Idaho Public Television | idahoptv.org

Jump for Joy | 250 West Dalton Ave | Cd'A | 208-664-5200  
jumpforjoycda.com

Kagey Company | 1048 1/2 N 3rd St | Cd'A | 667-2314

Kayak Coeur d'Alene | 311 E Coeur d'Alene Ave #A | Cd'A | 676-1533  
kayakcoeurdalene.com

On-Call Babysitting Service | 777-5788 | oncallbabysitting.com

Panhandle Parks Foundation | 212 Ironwood Drive, STE D, PMB 124 | Cd'A  
446-4813 | panhandleparksfoundation.org

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

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

## Pet & Animal Services

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

Running W Ranch | 6147 W Harvest Ave, Rathdrum | 661-3743  
runningwranch.net

## Religious/Fraternal

Heart of the City Church | 521 W. Emma Ave. | Cd'A | 665-7808 | heartofthecitychurch.org

## Senior Services

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

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

Kootenai Health Senior Care Program | 2003 Kootenai Health Way  
Cd'A | 625-5353 | kh.org/family-support-services/respice-care-program

## Social Services

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

Goodwill Industries | 130 E Third Avenue | Spokane, WA | 509-838-4246 |  
discovergoodwill.org

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

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

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

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

## Special Needs

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

## Substance Abuse-Recovery/Prevention

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

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

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

Idaho Meth Project | PO Box 738 | Boise | 1-888-331-2060  
idaho.methproject.org

Kaleidoscope Community Services | 405 N. 2nd St. | Cd'A  
699-2250 | kaleidoscopecs.org

Kootenai Recovery Community Center | 1111 Ironwood Dr. Suite B  
Cd'A | (208) 932-8005 | kootenairecoverycenter.org

## Support Networks/Groups

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

Mothers Haven | MothersHaven.com & Mamanook.com

## NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS • BASIC NEEDS • COMMUNITY RESOURCES



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

**www.NIServicesDirectory.com**

**Bookmark it now!**

The North Idaho Services Directory is the most comprehensive online list of service providing organizations in the region, with the ability to sort, filter, and search by category, agency name, zip code, city, and other fields. See page 11 for updates!

**Join the North Idaho Family Group!**

Join the ever-increasing Membership! Join the over 100 agencies/organizations who see the value of leveraging their outreach dollars!



# FIND YOUR DROP-OFF BIN LOCATION



*Dispose of Your  
Unused Prescription  
Medications*

**KOOTENAI COUNTY SHERIFFS OFFICE**

5500 N Government Way, Coeur d'Alene, ID 83815  
Hours: M-F 8am - 4pm

**COEUR D'ALENE POLICE DEPARTMENT**

3818 N Schreiber Way, Coeur d'Alene, ID 83815  
Hours: M-F 8am - 5pm

**POST FALLS POLICE DEPARTMENT**

1717 E Polston Ave, Post Falls, ID 83854  
Hours: M-F 8am - 5pm

**RATHDRUM CHIEF OF POLICE**

8178 Main St, Rathdrum, ID 83858  
24 hour access

**SPIRIT LAKE POLICE DEPARTMENT**

6155 W Maine St, Spirit Lake, ID 83869  
Hours: M-F 8am - 5pm

**BONNER COUNTY SHERIFF'S OFFICE**

4001 N Boyer Ave, Sandpoint, ID 83864  
24 hours

**SAND POINT POLICE DEPARTMENT**

1123 Lake St, Sandpoint, ID 83864  
Hours: M-F 8am - 4pm

**BOUNDARY COUNTY SHERIFF'S OFFICE**

6438 Kootenai St, Bonners Ferry, ID 83805

**SHOSHONE COUNTY SHERIFFS OFFICE**

717 Bank St, Wallace, ID 83873  
Hours: M-F 8am - 5pm

**BENEWAH COUNTY SHERIFF'S OFFICE**

701 College Ave, St Maries, ID 83861

**COEUR D'ALENE TRIBAL POLICE DEPARTMENT**

850 A St, Plummer, ID 83851

**DID YOU  
KNOW?**

\* Medicine abuse causes  
60% of overdose deaths

\* 70% of misused meds are  
obtained from friends & family