

FREE

Winter
2020

NORTH IDAHO FAMILY

M A G A Z I N E

*Now in its
21st year!*

what's inside:

Family Day in the Park 2020 Preview

2020 Graduation Countdown

25 Fun Things to do for Fall & Winter



www.nifamily.com

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

208.699.0126

Refer to ad on page 11.

www.nifamily.com

1048½ N. 3rd St.

Coeur d'Alene, ID 83814

Email: sales@nifamily.com

ACKNOWLEDGEMENTS:

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the Group
North Idaho Family
Scoop

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

Sign up today at www.nifg.org

Welcome!

For over 21 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 projects, in addition to its own products and services.

What We Do

- Family Day in the Park & Makers Market
- North Idaho Services Directory
- Education Information Center
- Group Scoop Newsletter
- N.I.C.E. Calendar
- NEW! The SOUP SCOOP

SAVE THE DATE:
June 5: Family Day in the Park
FREE participation.
Information on page 10

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-time \$150 gift certificate toward an ad or ad program
- Member Directory listing in magazine, and a link on www.nifg.org
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

How to Join

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

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Ranked: The World's Most Downloaded Apps

“From strategically finding love, to helping researchers search for extraterrestrial life—there is quite literally an app for almost anything these days.”

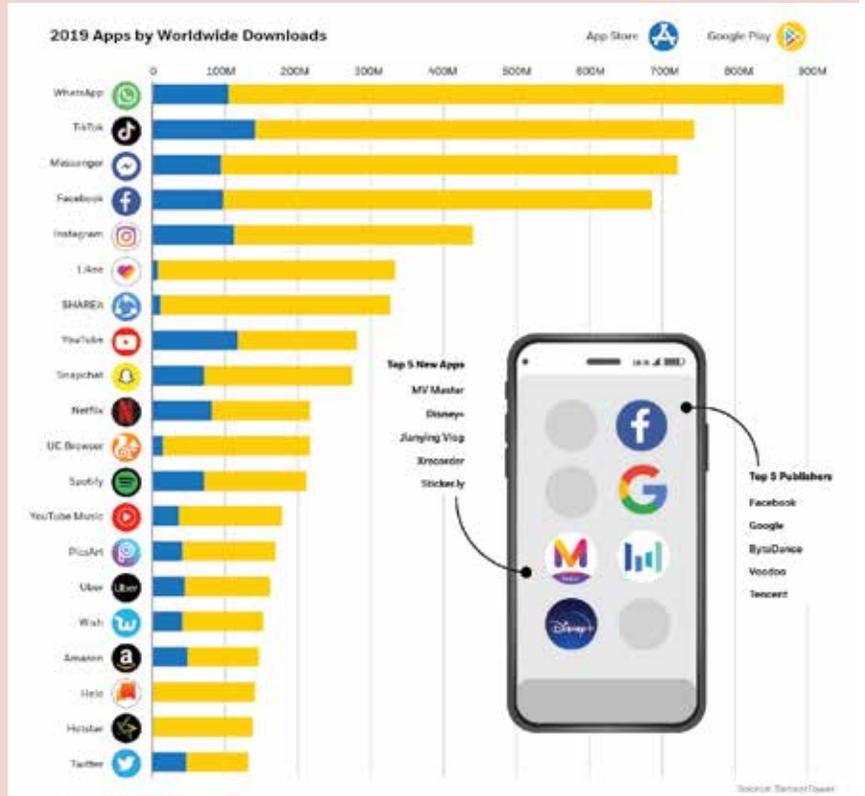
If you're curious about the most downloaded apps in 2019, take a gander at the graphic to the right.

The complete article covers the Champions of the App Economy and Which Apps Are Climbing the Ranks, and Countries Leading the App Economy, and The App Economy 2.0. They also report on some of the different categories of apps that are on the chart such as Streaming Services and Gaming.

Visual Capitalist is a website that publishes “Visual” representations of hundreds of subjects including Markets, Technology, Money, Energy, Healthcare, Mining, Green, and Politics.

Even if you're not particularly keen on a certain topic, this site is a great resource for displaying information in a different way - Good for research papers, perhaps?

Source: <https://www.visualcapitalist.com/ranked-most-downloaded-apps>



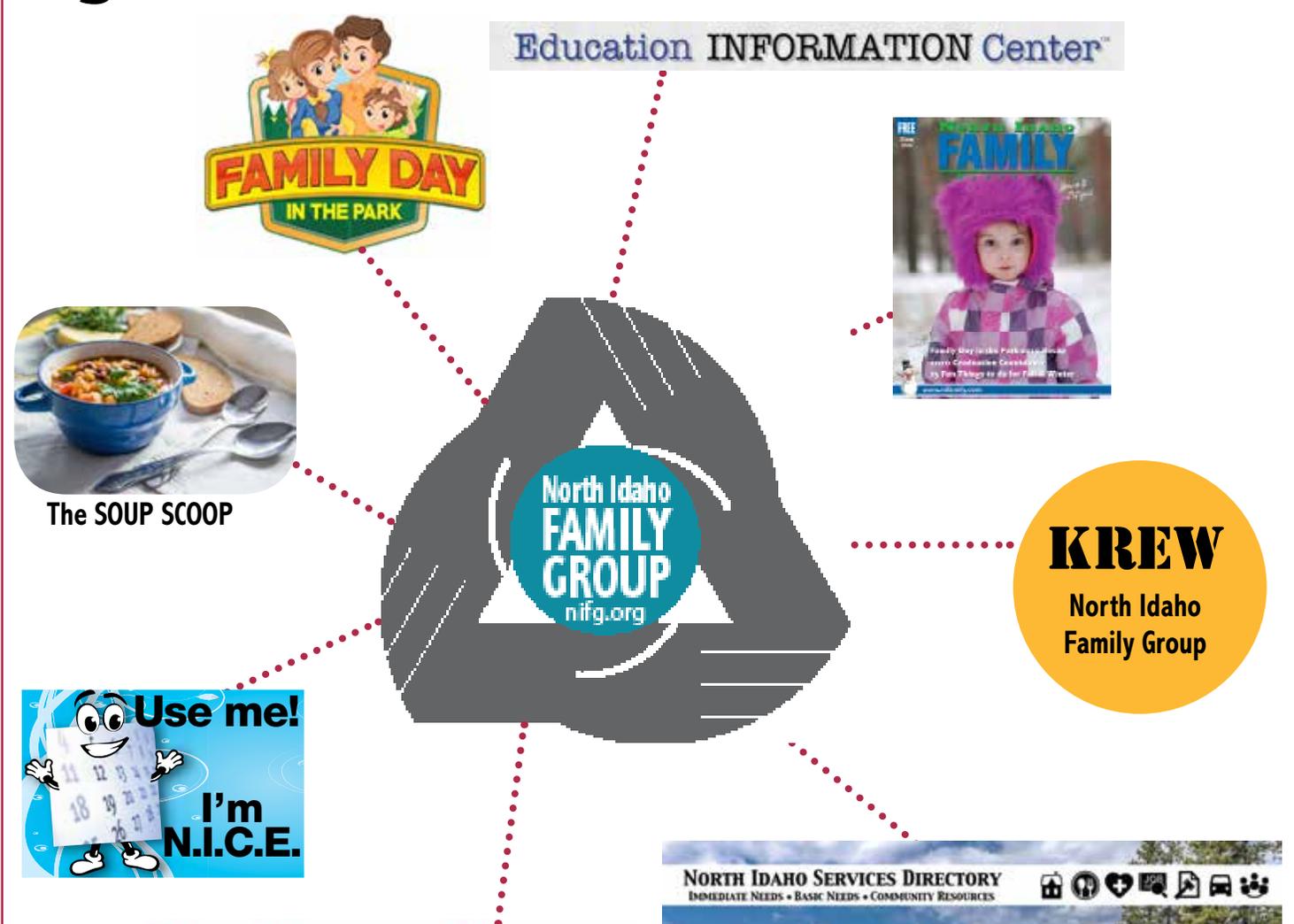
SUPPORT YOUR LOCAL SKATE PARK

NISPA
NORTH IOWA SKATE PARK ASSOCIATION

GET INVOLVED
VISIT CDASK8PRK.COM



Together! Let's Make 2020 Better for All!



Education INFORMATION Center™



The SOUP SCOOP



the Group Scoop
North Idaho Family

NIFG Provides Outreach & Support to 100s of Nonprofits and the Clients they Serve

- **Family Day in the Park:** 100s of Vendors, Reach 5,000 families
- **Education Information Center:** Pre-K through Retirement Education resources for all of North Idaho
- **North Idaho Family Magazine:** 21 years, distributed to 8,000 Elementary School Students in Kootenai County
- **North Idaho Services Directory:** THE MOST COMPREHENSIVE, LOCAL DATABASE OF IMMEDIATE AND BASIC NEEDS SERVICES. Serves the 10 Northern Counties, and is well-used by first responders, social service providers, and the public. Partners include Heritage Health, Idaho Department of Labor, St. Vincent de Paul, Community Action Partnership, United Way, and Idaho Dept of Labor.
- **North Idaho Charitable Events (N.I.C.E.) Calendar:** Most comprehensive list of local Fundraisers
- **NEW! The SOUP SCOOP:** Filling the gap left by Bob Driscoll and Interagency, the Soup Scoop will happen 3 times per year in a fun, fast-paced format. Plus Soup & Beverage included in ticket price!
- **The Group Scoop:** “Bite-Sized” news and informative topics for for nonprofits and the community.
- **NEW! The NIFG KREW!:** Board members, committees, and volunteers to help execute events and programs throughout the years ... This is a seriously fun bunch. Low-time committment, we don't “meet to meet”
- JOIN THE KREW! email KREW@NIFamily.com or Visit nifg.org/krew/

SOUP SCOOP LAUNCH! FEB 20 - 5:30PM



SIGN UP NOW!

Limited seats available. Only \$15 for early birds, \$25 at the door.

[Buy your tickets online at nifg.org/soup-scoop](http://nifg.org/soup-scoop)

Coeur d'Alene Fresh, 317 Cd'A Ave - Parking available in the parking garage across the street.

Ticket includes Entry, Drink, and fresh, locally made Bowl of Soup

We have amazing soup chefs working on their recipes - RSVP and get your ticket asap so there's an accurate bowl count!

- 2 great speakers (15 min briefs)
- Door prizes
- Speed network announcements (must indicate at time of ticket reservation)
- Upcoming Group events to build you and your successful nonprofit work.

This event's Special invited Guest: **Bob Driscoll**

Bob was the originator of Interagency (aka the Driscoll List) which brought a connection of needs and donors within the community together for many years.

Featured Presenters are:



Jim Faucher

Discussing addressing Donor Fatigue and other fundraising strategies

Jim Faucher has over 30 years of professional fundraising experience. During his career he has been a director of or consultant to many not-for-profit healthcare, social service, religious, business-oriented, academic and athletic organizations.



Patty Shea

Discussing how your organization can benefit from utilizing outside influencers

39-year career with local electric and natural gas investor utility, 30+ years in leadership roles, Master of Business Administration (MBA) from Eastern Washington University

Extensive background and successful track record in: Customer Service Contact Centers, Field Engineering and Construction Design, Energy Solutions, Safety, Craft Training, Occupational Health, Distribution Dispatch Emergency Services, Operations and Maintenance, and Workforce Development/Career and Technical Education.

**** Please note that Cd'A Fresh is a 21 & over venue**



DeArmond College and University Center – the gateway to opportunity

Five colleges have been striving toward a partnership to enhance educational offerings in North Idaho.

Now, that partnership is a physical reality.

In September, the doors opened for the \$7.5 million Bob and Leona DeArmond College and University Center. Designed with collaboration as a key principle, the center houses representatives from North Idaho College, Lewis-Clark State College, and the University of Idaho, and serves as a point of contact for Boise State University and Idaho State University.

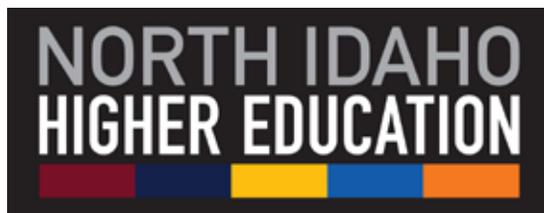
“It’s really a manifestation of the North Idaho Higher Education Consortium, which is a partnership between the five higher education institutions in North Idaho. Together, we’re bringing awareness to the community about the educational opportunities available in the five northern counties,” said Sara Schmelzer, NIC Enrollment Coordinator.

The 29,000-square-foot center state-of-art center sits on the corner of Hubbard Avenue and River Avenue right as visitors reach NIC’s main campus. It contains eight instructional classrooms, a student services center, and numerous student and faculty break-out rooms and informal learning spaces.

“It’s the perfect place for the colleges to share resources with the community,” Schmelzer said. “That ends up being a tremendous benefit to students who have a streamlined educational experience and the colleges in their efforts to be prudent stewards of public money. It’s a win-win.”

The center is named after Bob and Leona DeArmond, who made the largest private donation in NIC’s 85-year history. It was built on the site of the former DeArmond Stud Mill.

“There’s a rich history in the area. This building is designed to pay homage to that history, but has everything we need to meet the needs of tomorrow’s students.”



INFO

northidahohighereducation.org





Important deadlines for 2020 High School Seniors

NOW is the time to apply for financial aid & scholarships for the 2020/2021 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.

- 2020/2021 FAFSA (Free Application for Federal Student Aid) is available NOW (FAFSA.ed.gov – Make sure to use THIS site to apply).
- Early 2020: Deadline for CSS / Financial Aid PROFILE Application (found at CollegeBoard.org)
- March 1, 2020: 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/ Pay-for-School/ North-Idaho-Scholarships](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.



Is Project Based Learning The Right Choice for My Child?



In today's world, our graduates are expected to know how to use a variety of different technologies. Students in a project-based learning environment learn how to effectively create presentations, write research papers and marketing material, communicate with people around the world and utilize the newest technology styles. Students will use this knowledge and practice throughout their lives.

Increased Engagement

Many students find it difficult to pay attention in the traditional classroom. Students doodle on worksheets, send snap chats under their desk or simple daydream about something more exciting. With project-based learning, students are actively involved in the entire process. They are able to pursue their own thoughts and deepen their research according to their needs, goals and desires. This style of learning is of incredible benefit to many students, especially those who have trouble learning in a more traditional classroom.

Students are not the only ones who benefit from engagement in this learning style. Learning coaches get this advantage too. There are tremendous benefits to leading a group of students that are engaged in projects. Learning coaches get to alleviate their boredom along with their students. Instead of teaching the same things year after year, learning coaches are able to learn along side their students and get the challenge of effectively tailoring student projects to meet state standards and the individual needs of their students.

If you are looking for a learning environment for your student that reflects the real world, teaches effective communication, encourages self reflection, and promotes technology use and technology responsibility, then a project-based middle school might just be the answer. This style of learning is more engaging, more effective and better at addressing the particular needs of each student, particularly those who are willing to give the effort it deserves.

INFO

Wired2Learn
FOUNDATION
www.w2foundation.com
facebook.com/groups/wired2give

**GET INFORMED. GET INVOLVED.
VOTE TUESDAY MARCH 10**

**PRESIDENTIAL PRIMARY ELECTION
YOUR VOICE MATTERS!**

Early Voting Available
Kootenai County Elections Office
Feb. 24 - March 6
Mon-Fri 8 AM to 5 PM

Mailed absentee ballots
must be requested
by February 28th.

*"Elections belong
to those who
participate"*

**POLLS OPEN 8AM - 8PM
3/10/2020**

**FOR OFFICIAL VOTING INFORMATION GO TO
IDAHOVOTES.GOV**



The Civic Engagement Alliance's mission is to generate grassroots community engagement for the common good. We organize nonpartisan efforts to encourage active participation in civic and community life.

CIVICENGAGECOA.COM
[@civicengagementalliance](https://twitter.com/civicengagementalliance)




The Civic Engagement Alliance's mission is to generate grassroots community engagement for the common good. We organize nonpartisan efforts to encourage active participation in civic and community life. We express our mission through programs, events, and campaigns. Relationship building, outreach, and education are the primary ways we serve our mission.

Learn more at www.civicengagecoa.com



FREE COMPOST!

The city of Cd'a FREE compost give-a-way weekend is April 18-19th this year. At the 3500 block of North Julia St. in Cd'A

Bring your truck, shovel, buckets, tarps etc and load how ever much you need to have an amazing garden this summer.



NEW MEMBERS

- Hazeltree Midwifery
- North Idaho Home Health
- Idaho Drug Free Youth
- OnSite4Seniors

INTERIM DIRECTOR ANNOUNCED FOR NIFG

Greta Gissel, former director of the North Idaho Centennial Trail Foundation, Founder of Jingle Books and involved with multiple nonprofits and projects in the community over the years has accepted the position of Interim Director for the North Idaho Family Group.

THE KREW IS "RE-KREW-TING"

The North Idaho Family Group "KREW" consists of board members, committees, and volunteers.

Most tasks can be done independently on your own time (in other words, zero or rare meetings, except for some FUN get-togethers).

Learn more at nifg.org/krew or email krew@nifamily.com.

SAFE PASSAGE NEEDS VOLUNTEERS!

Contact clieske@safepassageid.org for information.

NEW UGM THRIFT STORE

Union Gospel Mission Association of Spokane plans to expand its thrift store operations by adding two new stores in the next few years.

One of the new stores will be in Coeur d'Alene, near the intersection of Government Way and Prairie avenue, between Pawn1 and the north Coeur d'Alene branch of First Interstate Bank.

The other location will be in North Spokane.

NEW LOCATION FOR JUMP FOR JOY

Jump for Joy trampoline-fun place (250 W Dalton), owned by Ben Waitas, added a new location at 15310 E Marietta in the Spokane Valley.

Jump for Joy has been a long time supporter of the North Idaho Family Magazine and Family Day in the Park.



Save the Date!

June 5, 2020
City Park & Beach
Downtown Coeur d'Alene
familydaycda.com

Exciting new
Features/Activities
in the Works!
'Like' the Facebook
Page for details!

JUNE 5, 2020 NOON TO DUSK

IN COEUR D'ALENE CITY PARK

Annual Last Day of School Family Fun Celebration!

Free • Free • Free • and mostly Free!!!!

- 100s of nonprofit, community, and business vendors
Shop local Vendors at Coeur d'Alene Makers Market
Bandshell Entertainment
Nonprofit outreach
Activity booths
Multiple give-a-ways
Archery Tag (Don't worry, the Darts are foam)
Food Court and beer Garden
Skate Park events
Bounce Houses
Cultural Center Presentations
Fire engines, police cars and interactive heavy equipment
FREE Books, face painting and more
Encore stage performances all day
Petting Zoo

Don't miss out!

OFFICIAL WEBSITE: FAMILYDAYCDA.COM FACEBOOK: FACEBOOK.COM/CDAFAMILYDAYINTHEPARK PHONE: 208-699-0126



2020 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.

Averaging 4,000-5,000 attendees annually, the 2020 event promises to be bigger and better. Contact us for vendor, volunteer, sponsor or organization participation and planning information. (Applications are typically online in late February.)

- 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 FACEBOOK: FACEBOOK.COM/CDAFAMILYDAYINTHEPARK PHONE: 208-699-0126

SUBSCRIBE to North Idaho Family Magazine!

JOIN OUR MAILING LIST to receive your FREE copy! Visit www.nifamily.com/contact-us or Email 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.

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.

Crash Diets, Keto & Cookie Diets?

Wikipedia lists DOZENS of diet programs on their List of diets page. They are listed by category:

- Belief-based diets
- Calorie & weight control diets: Low-calorie, Low-carb, Low fat
- Crash diets: Beverly Hills diet, Cabbage soup diet, Grapefruit diet, Subway diet
- Detox diets: Juice fasting, Master Cleanse
- Diets followed for medical reasons: DASH diet Diabetic diet, Ketogenic diet, Gluten-free diet, etc.
- Fad diets: Food specific: Whole30, Alkaline diet, Baby Food Diet, Cookie diet(!?), Egg and wine diet, Lamb chop and pineapple diet. Low-carb / high-fat: Atkins, Bulletproof diet, Dukan Diet, Paleo diet, and many more
- Vegetarian & Semi-vegetarian diets: Ovo-lacto, Vegan, Pescatarian diet
- Other diets: Many odd sounding things here.

Confused? Everyone is different, and we are constantly bombarded with conflicting information - Fat GOOD! Fat BAD! Sugar is worse than fat for causing high cholesterol. Visit five nutritionists or trainers, and you're likely to get five different answers about what you should and shouldn't eat.

NBC News published an article called "The best weight-loss advice to borrow from popular diets, so maybe this is a good place to start:

- Whole30: Focus on whole foods
- Paleo: Get your fiber from diverse sources
- Weight Watchers: Add a mindfulness practice like meditation to your wellness routine
- Ketogenic Diet: Add non-starchy veggies to every meal
- Mediterranean Diet: Don't be afraid of healthy fats
- Intermittent Fasting: Close down the kitchen after dinner
- Intuitive Eating (aka the anti-diet): Ditch the restrictive diet mentality

Read the full article here: <https://www.nbcnews.com/better/lifestyle/best-weight-loss-advice-borrow-popular-diets-ncna926246>

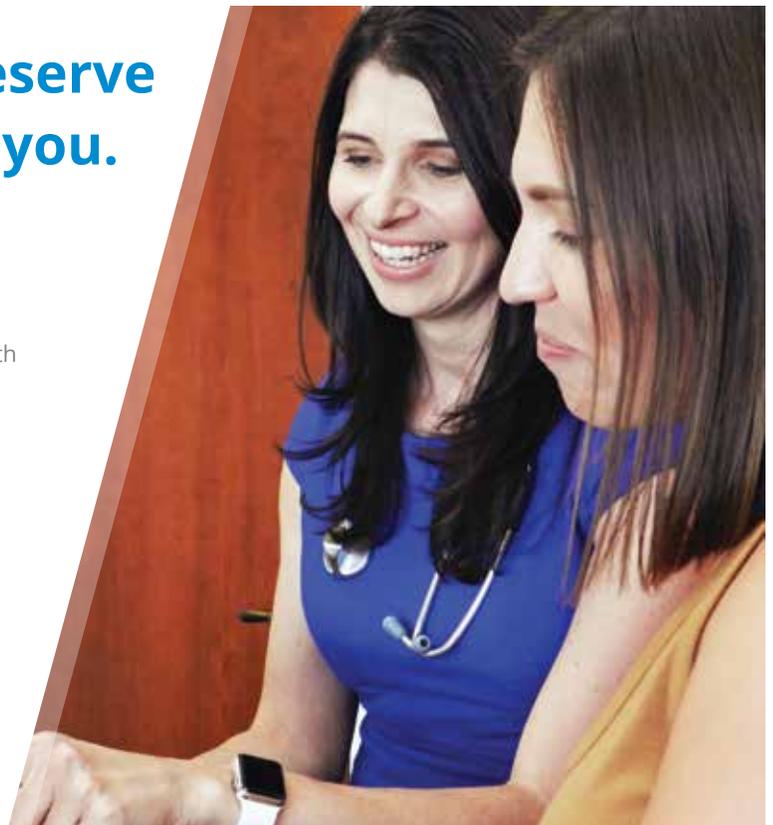
Additional source: https://en.wikipedia.org/wiki/List_of_diets

It's your health. You deserve healthcare focused on you.

Choose a Nurse Practitioner

Over 1000 Idaho Nurse Practitioners provide patients with the quality, patient-centered care they need every day. From diagnosis and disease prevention to health management and prescribing medication, these men and women work with you to improve your health and give you the care you deserve.

Colleen Shackelford MSN, NP-C
2019 AANP Idaho Nurse Practitioner of the Year



Find a Nurse Practitioner near you at www.npfinder.aanp.org

Prevent, Promote, Protect

North Idaho – Preventing disease, promoting healthy lifestyles, and protecting the environment are at the heart of what Panhandle Health District (PHD) provides the community. Over 40 different public health programs at PHD are available to families, individuals and organizations. From food and drinking water safety to health education and disease control, public health services are designed to ensure our community is a safe and healthy place to live, work and thrive.

“We offer so many services and we want the community to know about all of them,” said Lora Whalen, PHD Director. “Everything we do here is structured to serve our residents and meet their needs.”

Those services are provided by a team that includes nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal: deliver vital public health services to keep every member of our community well. PHD has locations in Kootenai, Bonner, Boundary, Benewah, and Shoshone counties.

PHD’s environmental health department focuses on child care resources, food inspections, septic permits, lead health, and water protection to name a few of their programs. Under the clinical and health services department, the district offers healthcare services with experienced nurse practitioners, a home health program, nurse-family partnership for first time parents, and parents as teachers. Many clinical services are based on a sliding fee scale based off a client’s income.

Beyond this, PHD offers many free community programs including tobacco cessation, Fit & Fall proof exercise classes, opioid misuse prevention, senior companions, teen pregnancy prevention, and suicide prevention.

“The health district continues to expand and evolve as our community changes,” said Whalen. “We just launched a new exercise and nutrition program for families titled Parents Leading Active Youth or PLAY. It’s part of our Nutrition Services department which operates the WIC program and our diabetes prevention and management programs.”

The health district focuses on prevention. Preventing illness, disease, and degradation of our environment. By working together as a community we can continue to live, work, and thrive.



Public Health
Prevent. Promote. Protect.

Panhandle Health District



panhandlehealthdistrict.org

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1300 E. Mullan Ave, Post Falls – 777-1330
9095 N. Hess St, Hayden – 772-8940



Don't Forget to Wash Your Hands!

Parents have been telling their children to wash their hands for generations.

The results are less than impressive. Worldwide, only 19 percent of kids wash their hands after going to the bathroom.

Dr. Nicole Odom with Heritage Health said parents should continue to emphasize proper handwashing with their children.

“Set a good example by being a good handwashing role model,” said Odom. “These are lifelong habits to develop and keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.”

The Centers for Disease Control says that handwashing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections (e.g., colds).

Reducing the number of these infections by washing hands frequently also helps prevent the overuse of antibiotics—the single most important factor leading to antibiotic resistance around the world. Handwashing can also prevent people from getting sick with germs that are already resistant to antibiotics and that can be difficult to treat.

Is anti-bacterial soap a good option?

“It is now recommended to use just regular soap rather than anti-bacterial soap when washing hands,” said Odom. “Proper technique is the key in that the use of soap over all areas of the hand removes the bacteria. Washing hands effectively takes 20 seconds. Use of anti-bacterial soap promotes the development of ‘super-bugs’ that are difficult to treat with antibiotics should an infection occur.”

Feces from people or animals is an important source of germs like Salmonella, E. coli O157, and norovirus that cause diarrhea. Exposure to feces can also spread some respiratory infections like adenovirus and hand-foot-mouth disease. These kinds of germs can get onto hands after people use the toilet or change a diaper, but also in less obvious ways, like after handling raw meats that have invisible amounts of animal poop on them. A single gram of human feces—which is about the weight of a paper clip—can contain one trillion germs.

Washing your hands after going to the bathroom seems like such a simple thing and it is. Wash those hands.



INFO myheritagehealth.org

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ACCEPTING NEW PATIENTS
208.620.5250

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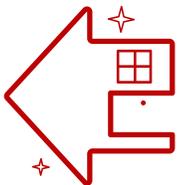


Go Minimalist!

This 30-day Decluttering Challenge from listobsessed.com will keep you on task!



30 DAY DECLUTTERING CHALLENGE



1	Clean out and organize two kitchen cabinets.	2	Clean out refrigerator.	3	Clean out your freezer.	4	Organize spices and throw out old/expired ones.	5	Clean out one junk drawer.	6	Clean out your pantry.
7	Clean out purse and wallet.	8	Clean out makeup drawer/bag.	9	Clean out and organize two kitchen cabinets.	10	Clean out cars.	11	Clean out bathroom cabinets.	12	Clean out medicine cabinets.
13	Organize cleaning supplies.	14	Clean out kids' closets and donate clothes.	15	Clean out kids' drawers and donate clothes.	16	Clean out toy chests and donate gently used toys.	17	Clean out and organize two kitchen cabinets.	18	Clean out your nightstands.
19	Clean out and donate old books, DVDs and other media.	20	Clean out one junk drawer.	21	Go through old papers and mail.	22	Clean out adult closets and donate clothes.	23	Clean out adult drawers and donate clothes.	24	Go through old shoes and donate gently used items.
25	Go through accessories (purses, scarves, hats, etc.).	26	Clean off your desk or workspace.	27	Clean up computer. Unsubscribe from unwanted emails.	28	Organize the linen closet.	29	Clean out the laundry room.	30	Delete unwanted apps and photos off your phone.

listobsessed.com



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. 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 edinfocenter.cda.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 14-23)

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.



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) - 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 or www.code.org. Ages 6-106.



22. Go watch a basketball game at North Idaho College. Visit nicathletics.com for team schedules.

23. Have a "Tech-Free" Weekend ... Read books, watch a classic movie, play games!

24. Get ready for race season! Start with the Hauser Lake 10K Ice Breaker Run!

25. Make Hot Cocoa from scratch.





Midwifery in Cd'A



Professional, comprehensive, holistic midwifery for mother and baby is now available in Coeur d'Alene. Opened in 2019 providing routine prenatal care, water birth, postpartum care, lactation support, newborn and well baby care, emotional support, nutrition counseling and more.

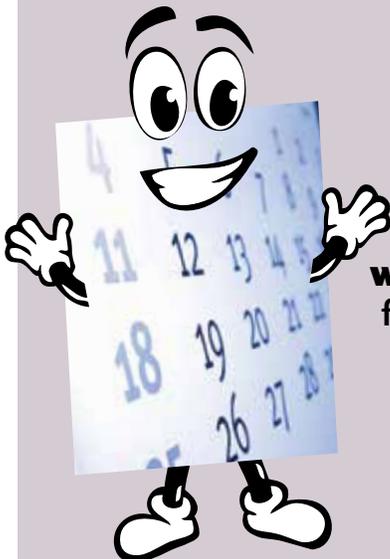


INFO

hazeltreemidwifery.com

North Idaho Charitable Events Calendar

FREE



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

- Feb 1** Hospice Wine Taste 2020
- Feb 6** 2020 CDAIDE Care Affair @ Cd'A Resort
- Feb 7** Downtown Coeur d'Alene Chocolate Affair
- Feb 8** Family Promise Northwest Annual NW Fest @ Cd'A Eagles
- Feb 12** Wine & Whiskers benefit for Kootenai Humane Society @ Mix it Up
- Feb 14** The Sweetheart Ball for Habitat for Humanity @ Cd'A Inn
- Feb 14-15** A Romantic Night at the Museum to benefit Good Samaritan Ranch and Safe Passage
- Feb 14-23** Sandpoint Winter Carnival
- Feb 20** North Idaho Family Group SOUP SCOOP LAUNCH @ Coeur d'Alene Fresh
- Feb 22** Beer for Brains to benefit Wired2Learn Foundation @ The Innovation Collective
- Feb 28** Sorensen Magnet School Auction & Soiree @ Hagadone Event Center
- Feb 29** Mardi Gras "Krewe d'Alene to benefit Cd'A Arts & Cultural Alliance @ The Cd'A Eagles
- Feb 29** CCA Royal Raffle Benefit Ball @ Hagadone Event Center
- Mar 5** IDFY Lip Sync Battle @ the Cd'A Eagles
- Mar 5** North Idaho CASA Ray of Hope Community Luncheon
- Mar 7** TESH Home on the Range @ Best Western Cd'A Inn
- Mar 7** The Bartenders Ball to benefit Help Every Little Paw @ Cd'A Resort Plaza Shops
- Mar 7** Wine, Stein and Dine for PF Education Foundation @ Greyhound Park Event Center
- Mar 13** 12th Annual PEAK Charity Bike Ride to benefit Kootenai County Police & Fire Memorial Foundation @ Peak Cd'A
- Mar 13** CCS 40th Anniversary Auction & Dinner @ BW Cd'A Inn
- Mar 14** Big Man of CDA to benefit CDA Summer Theatre @ CDA Casino
- Mar 14** Annual Bingo, Brews & Blarney to benefit Hayden Senior Center @ Greyhound Park Event Center
- Mar 14** Coeur d'Irish Party to support Cd'A Rotary's Scholarships, grants, and projects @ the Cd'A Resort
- Mar 14** Kootenai County Penguin Plunge to benefit Special Olympics @ The Hagadone Event Center
- Mar 28** The Sweethearts' Ball Camp Journey Benefit @ The Cd'A Resort
- Apr 3** 9th Annual Cowboy Ball @ Kootenai County Fairgrounds
- Apr 18** The Great CDA Charter Bake-off @ CDA Charter
- Apr 18** Spring Dash supporting United Way of North Idaho @ McEuen Park
- Apr 18** Children's Village Annual Spring Benefit @ Coeur d'Alene Resort
- Apr 21** ONSite4Seniors Breakfast @ Best Western Cd'A Inn
- Apr 25** Matt's Place Foundation Pub Crawl | Downtown CDA
- Apr 25** Hayden Kite Festival @ Broadmoor Park
- May 7** Idaho Gives
- May 9** North Idaho Veterans' Stand Down @ Kootenai County Fairgrounds
- June 5** Family Day in the Park & Coeur d'Alene Markers Market @ Coeur d'Alene City Park



Fun with Puzzles!

ST. PATRICK'S DAY WORD SEARCH



2020 Summer Camps

The North Idaho Family Magazine Spring Issue will include our annual “Let’s Go to Summer Camp!” section, with comprehensive information on 2020 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/ for a sneak preview.

EASTER EGG HUNT... FIND 10 DIFFERENCES



Solutions on page 19



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

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Education INFORMATION Center™

Your Search for Regional Educational Information & Resources is Over!

EdInfoCenterCdA.com

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PRE-KINDERGARTEN
TO CAREER
TRAINING AND
BEYOND!

Sponsored by: 

- 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



EdInfoCenterCDA.com: 5 years and growing!

The Education Information Center has been up & running for over 5 years, and continues to provide the most comprehensive local Pre-K through Career education links and resources in the region.

- Hundreds of monthly new and return users
- Updated Weekly
- New sponsor involvement available
- On FIRST page of Google results for dozens of regional education-related searches

Indicators for Home Health

Your patients are different – so are their medical conditions, treatments, and needs.

Home health professionals are specially trained to deliver high-quality care to patients that helps them recover and regain strength, health, and independence.

Our professional nurses, therapists, and social workers treat a wide range of medical conditions, allowing patients to rest and recover in the comfort of home.

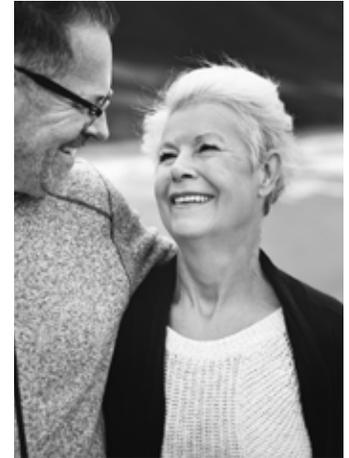
If you are treating patients who might benefit from healthcare in the privacy of their home – for whom one-on-one instruction will help better manage their condition, symptoms, and recovery – consider referring them to home health.

Home health may be indicated if a patient:

- Has a new diagnosis or an exacerbation of an existing diagnosis
- Has a new medication
- Requires teaching on a disease process or medication
- Is at risk for or experiencing complications requiring labs
- Requires other skilled nursing services (wound care, teaching, observation, and assessment)
- Requires frequent follow-up from a physician's office
- Has frequent re-hospitalizations
- Contacts a physician's office frequently
- Exhibits behaviors that indicate he or she is at risk for falls
- Needs physical therapy, occupational therapy, speech therapy, or medical social services, due to: Mobility problems, Bowel or bladder incontinence, Vision problems, ADL needs, New DME training

If the answer is “yes” to any of the above indicators, the patient may be a candidate for a home health evaluation.

Contact your local provider today for more information.



INFO

lhcgrou.com/locations/north-idaho-home-health/



PEACE & JOY

Love affair

Start a love affair, with yourself.

Find (what you consider) your faults charming instead.

You are a miracle – one in 7.7 billion people in the world.

You are lucky to be alive: here, now.

Step into your greatness. Answer your unique calling.

If you need confirmation, validation or permission, I give it!

Stop waiting until tomorrow, after the holidays, next year.

Today is a great day to start.

Fall in love. Nobody is more deserving than you.



Guest Contributor, Hara Allison, is the creator of YesYesMagic. Visit YesYesMagic.com for more uplifting posts.

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 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

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

Campfire Inland Northwest | 524 N. Mullan | Spokane WA | 509-747-6191
campfireinc.org

Guardians of the Children | 2315 N Rebecca St | Spokane WA | 509-998-2535
guardiansofthechildren.com

Girl Scouts of Eastern Washington & Northern Idaho | 509-747-8091
gsewni.org

Idaho Drug Free Youth | IDFY.org | 664-4339

Idaho Youth Ranch/Anchor House | 1609 N. Government Way | Cd'A
667-3340 | youthranch.org

Kid Central Sports Association | 6848 N. Government Way, STE 114, PMB #46
Dalton Gardens | 659-3130 | kcsa-kidcentric.org

Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee
208-882-6904 | infanttoddler.idaho.gov

Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave | Cd'A | 292-2359 | hrei.org

Crisis Intervention

Emergency, Fire & Police | 911

Child Protective Services | 1120 Ironwood Drive | Cd'A
855-552-5437 | healthandwelfare.idaho.gov

Children's Village | 1350 W. Hanley Ave. | Cd'A | 667-1189 | thechildrensvillage.org

ICARE | 201 E. Harrison Ave | Cd'A | 676-1515 | 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

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

Rape Crisis Line | 661-2522

Safe Passage | 850 N. 4th St. | Cd'A | 664-9303 | safepassageid.org

Education - Adult

Bank On | www.bankonidaho.org

North Idaho College | 1000 W. Garden Ave. | Cd'A | 769-3315 | nic.edu

North Idaho Higher Education | northidahohighereducation.org

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

University of Idaho | 1031 N. Academic Way, Suite 242 | Cd'A
667-2588 | uidaho.edu

Education - Child

Be SMART for Kids | besmartforkids.org

Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.
Cd'A | cdaschools.org

Coeur d'Alene Education Partnership | Cd'A | 714-4561 | cdaep.org

The Dance Company | thedancecompanycd.com

Hope on the Homefront @ Cd'A #271 | 1400 N Northwood Center Ct
664-8241 x1061 | cdaschools.org/Page/711

Iris' House Pre-School & Childcare | 410 N 20th St | Cd'A | 667-3785

KidOne Camps | kidonecamps.com

KTEC-Kootenai Technical Education Campus | 6838 W. Lancaster Rd.
Rathdrum | 208-712-4733 | ktectraining.org

Lake City Figure Skating / Frontier Ice Arena | 3525 W Seltice Way | Cd'A
603-667-7178 | lakecityfigureskating.org

Lake City Highland Dance Inc. | Silver Lake Mall | Cd'A | 771-0828
lakecityhighlanddance.com

Mountain States Early Head Start | 411 N. 15th St, Ste 200 | Cd'A
765-6955 | msehs.org

North Idaho College Head Start | 411 N. 15th St, Ste 103 | Cd'A
765-6755 | nicheadstart.org

Opening Books, Opening Doors | openingbooksopeningdoors.com

Wired2Learn Academy | 1800 N. Hwy 41 | Post Falls
wired2learnacademy.com | 699-6232

North Idaho Robotics Opportunities (formerly Xanterra FLL) | facebook.com/XanterraFLL

Family Services

Family Promise of North Idaho | 501 E. Wallace Ave. | Cd'A
777-4190 | familypromiseni.org

Food, Agriculture, Nutrition

Eat Smart Idaho - U of I Extension | uidaho.edu/extension/eat-smart-idaho

Government

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

Coeur d'Alene Parks Department | 710 E. Mullan Ave. | Cd'A
769-2252 | cdaid.org/parks

Department of Health and Welfare | 1120 Ironwood Drive | Cd'A
769-1409 or 2-1-1

Family Resource & Training Center | 2005 Ironwood Parkway, Suite 200 | Cd'A
800-745-1186 | icwrtc.org

Idaho SHIBA / Idaho Department of Insurance | doi.idaho.gov

Healthcare

Abundant Life Surrogacy | Nampa, ID | abundantlifesurrogacy.com

Aligned Family Chiropractic | 3904 E Mullan Ave STE C | Post Falls | 981-0093

Evenson Chiropractic | 916 W Ironwood Dr Suite 1 | Cd'A | 769-4800

First Steps Chiropractic | 8836 N Hess Street Suite E | Hayden | 758-9335 |
firststepschirpractic.com

Hazeltree Midwifery | 1048 N 3rd St | Cd'A | 699-3625 | hazeltreemidwifery.com

Heritage Health (formerly Dirne) | 1090 Park Place | Cd'A
292-0292 | myheritagehealth.org

Hospice of North Idaho | 9493 N Government Way | Cd'A
691-6996 | honi.org

Kootenai Health | 2003 Kootenai Health Way | Cd'A
667-3742, PF 619-4100, SP 263-6763 | kootenaihealth.org

Kootenai Urgent Care | Cd'A, Post Falls, Hayden | kootenaiurgentcare.com

Nurse Practitioners of Idaho | npfinder.aanp.org

Open Arms PCC & Real Choices Clinic | 1800 Lincoln Way #201 | Cd'A

Panhandle Health District | 8500 N. Atlas Rd. | Hayden | 415-5100
panhandlehealthdistrict.org

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

Healthcare - Mental

Imagine Behavioral & Developmental Services | 7905 Meadowlark Way, Suite C
Cd'A | 762-1250 | imaginebehavior.com

Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Cd'A 625-4884 |
nicrisiscenter.org

Northwest Behavioral Health | 1612 N. 3rd St. | Cd'A | 765-4509

Misc.

Annie Winston / Jazzed About Reading | jazzedaboutreading.org
The Art Spirit Gallery | 415 Sherman Ave | 765-6006 | theartspiritgallery.com
Bean & Pie | beanandpie.com
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 | cdacanoeclub.org
Coeur d'Alene Public Library | 702 E Front Ave, Cd'A | 208-769-2315 | cdalibrary.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
Melissa Dalton Hunt - A Taste of Newberys | mbhunts1965@gmail.com
Idaho Education News | idahoednews.org
Idaho Public Television | idahoptv.org
Innovia Foundation | innovia.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
Quest Summer Day Camp @ CDA Nazarene | 4000 N 4th St. | Cd'A | 667-4813
cdanaz.org
Office Depot | officedepot.com
The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course Rd. | Cd'A | kroccda.org
Sport Clips | 762-6655 | haircutmenhaydenprairieid.com
Strikezone / VRCD | teamvsports.com
Victory Alliance Marketing | victoryalliance.us

Pet & Animal Services

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

Religious/Fraternal

First Presbyterian Church | 521 E Lakeside Ave | Cd'A | 1stpresdowntown.org | 667-8446
Heart of the City Church | 722 W Kathleen | Cd'A | 665-7808 | theheartcda.com
The Vine Church | 9407 N Government Way | Hayden | 449-2080 | thevineidaho.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
North Idaho Home Health | lhcgroup.com/locations/north-idaho-home-health
Onsite4Seniors | onsite4seniors.org | 967-4771

Social Services

CAP Community Action Partnership Food Bank | 4144 Industrial Ave., Ste E Cd'A | 664-8757 | cap4action.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
Kootenai Recovery Community Center | 405 N 2nd St Cd'A | (208) 932-8005 | kootenairecoverycenter.org

Support Networks/Groups

Operation Second Chance | operationsecondchance.org

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.

Thank you to our Community Supporters

Kootenai County Sheriff's Department - Heritage Health - United Way of North Idaho - St. Vincent de Paul Coeur d'Alene

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