



### **Annual "Must Do" List**

It's not too late to complete this annual "to do" list to keep your year on the right track and 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 your Insurance Coverages:**

It is important to review your policies periodically, especially with skyrocketing construction costs ... The reason behind this is to ensure that you continue to have adequate protection for the future and to safeguard your income earning abilities despite all the life changes you may go through.

#### **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 renewals (clubs, memberships, magazines, etc.) are ones you still use, and cancel those you don't want.
- Check payment apps (CashApp, Venmo, etc.) and digital payment cards for expirations, balances, etc.

# Send in your Absentee Ballot Request:

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

APPLICATION FO February 1 Date	OFFICIAL USE ONLY Prec # Leg Dist # Code: W M C T			
I, (Please print full name) bullet or bulless to be voted at	Your Name the election held on: (Check election to	, hereby his application is to be us	make application for an absent elector's rd for)	
2nd Tuesday in 3rd Tuesday in 3	March (School Bond or Levy)  Azy (Primary Election and/or Taving Districts Elections)	Last Tuesday in August Tuesday following 1st N	(School Bond or Levy) Sonday in November (General Election and/or Taxing Domicus Elections	
Special Emergency	Election to be held on			
My home address is:	Your Address (Hour Number and Street)	is	Coeur d'Alene	
and I am duly registered in Kootenai County, Idaho.		Please mail ballot(s) to me at the following address:		
		Your Name		
Daytime phone:	Your Phone		(Elector)	
(in care we	need to contact you with questions)		Your Address (Mailing Address)	
Email Address:	Your Email	Your City, State, Zip		
KOOTENAI COUNT P.O. BOX 9000			(City, State and Zip Code)	
P.O. BOX 9000 COEUR D'ALENE, ID 83816-9000 PHONE: (208) 446-1030			PERSONALLY SIGN APPLICATION	
		Your Signature		

#### **Update your calendar with Registration Deadlines:**

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

#### **Schedule your Annual Check Ups:**

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



#### **Miscellaneous:**

- **Block out special events**: Make note and plans for upcoming holidays, special birthdays, or graduations to avoid being caught unprepared when the occasion arrives.
- Be Safe! Check fire escape routes at frequently attended facilities

# FAMILY

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

208.699.0126

nifamily.com/advertise

#### www.nifamily.com

Email: sales@nifamily.com

#### **ACKNOWLEDGEMENTS:**

Cover photo credit: The Amador Boys from Julie Amador

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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!

Celebrating 25 Years! The North Idaho Family Magazine and its companion website, nifamily.com provide:

- 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
- North Idaho Services Directory
- Education Information Center
- Group Scoop Newsletter
- North Idaho Family Facebook Group

#### **SAVE THE DATE:**

June 7: 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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North Idaho Family Magazine KIDS!



Family Day in the Park Preview



25 Fun Things to Do this Winter

Indoor and outdoor activities for winter time.

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MOST NORTH IDAHO
PARENTS HAVE
TALKED TO THEIR
TEEN ABOUT
E-(IGARETTES.\*

TALKING WITH YOUR
KIDS ABOUT
E-(IGARETTES HELPS
THEM STAY HEALTHY
AND TOBA((0-FREE.

## WHETHER YOU'RE:

- IN THE (AR,
- IN THE KIT (HEN,
- OR IN THE MOMENT,
  - $\rightarrow$  TALK TO YOUR TEEN ABOUT THE HEALTH RISKS OF E-(IGARETTES.

Need help starting the conversation? Download the Parent Toolkit using the QR code, or visit panhandlehealthdistrict.org/quitting-tobacco/





# Donor wall and bench sponsorships available

The donor wall at Coeur d'Alene's lakeside McEuen Park features family and corporate names, along with historical photos of the park and city etched into solid granite. Last year, the foundation designated a portion of the donor wall for veterans.

"With Mother's Day, Father's Day and Memorial Day approaching, we wanted to let the community know they have the opportunity to honor someone they love and making a lasting impact by supporting parks funding," said Sandy Young, president of the Panhandle Parks Foundation. "I am so pleased that we now have a section of the donor wall dedicated entirely to veterans. Your gift of inscription will honor and preserve their sacrifice of service for generations to come."

Past donations have allowed the foundation to partner for several park projects including the K27 Memorial at McEuen Park, Coeur d'Alene Skate Park, Northern Idaho Workers Memorial, Fallen Heroes Plaza, local dog parks and

Engravings on the McEuen Park donor wall are \$500 each. Benches are available for sponsorship at several local parks. For more information and pricing email panhandleparks@gmail.com.



Have a Spare Room? Need Affordable Housing?



Homesharing enables two or more unrelated people to share housing for their mutual benefit.

It's about people helping people!

www.homesharekc.org

**⊚info@homesharekc.org** 

#### Do you really know TikTok challenges?

While TikTok seems to have a solid lead on coming up with new challenges, many of these have been around since before TikTok. Talk with your kids! These are the dangerous internet challenges that come and go and then come and go again.

The Momo Challenge. (Fatalities)

Slenderman Challenge (Fatalities)

The Blue Whale Challenge (Fatalities)

Salt and Ice Challenge (Lifelong scars)

Cinnamon Challenge (Fatalities)

Choking game (fatalities, severe brain damage)

Car Surfing (Fatalities)

Milk Crate challenge (here's your sign)

Kool-Aid (property damage)

Butt Chugging/Eyeballing (Fatalities)

Kiki Challenge

Dancing on highway (Fatalities)

Cereal Challenge

Benadryl Challenge (popular at school)

Splat Gun Challenge (kids arrested)

Lick a public toilet seat (barf!)

**Ghost Pepper Challenge** 

Tide Pod Challenge

Kylie Jenner Challenge

**Condom Snorting** 

Kick the door challenge

Condom over your head challenge

Cupcake Challenge (fatalities)

The skull-breaker challenge. (Severe

head injuries)

The fire challenge

Nutmeg challenge

Source:

https://www.facebook.com/ deputygomez





# PORTH IDAHO FAMILY KDS!







The Amador Family

The Nolting Family

We are excited to continue our North Idaho Family Magazine KIDS! feature - Local kids, doing local activities, having fun, learning, making stuff, etc. We'll feature a few families in each issue, chosen from social media, messages to facebook.com/NorthIdahoFamilyMagazine, etc.



# AT A GLANCE ...

#### ATTENTION HIGH SCHOOL SENIORS (AND PARENTS OF SENIORS)!

Scholarship Deadlines are approaching fast! Local Scholarships. Highlights include \$1,000 Scholarships from the Coeur d'Alene Chamber of Commerce and the Dr. Riggs Leadership Scholarship created by the Salvation Army Kroc Center. Visit edinfocentercda.com/ Pay-for-School/North-Idaho-Scholarships

#### KOOTENAI NONPROFIT GROUP MEETS MONTHLY

Nicky Swayne, Community Impact Manager at United Way of North Idaho, recently took over the helm of the Kootenai Nonprofit Group, which was started many years ago and has been facilitated by Ann Johnson from Orchard Ridge Senior Living. The Group meets at the Kroc Center (3rd Friday. 9 am) for those who can attend in person. Exception to the schedule: no meeting in June, July, December. There is also a zoom link available. Email nicky@uwnorthidaho.org to be added to the email list or for more information.

#### **IDAHO NONPROFIT CONFERENCE**

The Idaho Nonprofit Center holding their annual conference in Coeur d'Alene on March 4th & 5th at HREI. Visit https://www.idahononprofits. org/regionals.html for information.

#### FUNDING STILL AVAILABLE FOR IDAHO LAUNCH

Idaho LAUNCH is transforming workforce training statewide! From CDL classes to healthcare courses, residents can access tuition assistance for in-demand careers. Employers seek skills like trustworthiness and problem-solving. Discover how Idaho LAUNCH is bridging the gap between job seekers and employer needs!

#### SOCIAL WORK MONTH BOOK DRIVE AT THE CDA LIBRARY **MARCH 1-31**

Help a local group of Social Work students fill the Little Free Libraries in our area by donating your gently used books. CDA Library is one of 10 drop-off locations throughout the region.

# Making Matches, Changing Lives: Join HomeShare Kootenai County Today!

Success in Numbers: HomeShare Kootenai County has soared beyond expectations! With an impressive track record, our application success rate and matches are on the rise. We're making waves, and it's all thanks to the incredible support from our community.

Why HomeShare KC: Our success is grounded in the power of community. Our statistics speak volumes - happier matches, stronger connections, and lives positively transformed. It's not just housing; it's a shared journey toward a brighter future.

WE NEED YOUR HELP! Our success story isn't complete without you. Join us in the mission to house individuals and make a positive impact in our community. Here's how:

Become a Volunteer: Be our community champions! Spread the word, ignite conversations, and encourage others to join HomeShare Kootenai County. More volunteers mean more lives touched.

Share Our Success: Let your network know about our home matching achievements. Share our stats, share our stories, and inspire others to be part of this incredible movement.

Get Involved: Become a part of the action! Volunteer your time, skills, or space in your home. Your contribution, big or small, can make a significant difference.

Donate: Help us reach new heights by making a financial contribution. Every dollar counts and goes directly toward expanding our impact in Kootenai County. https://givebutter.com/homesharekc

Together, we can continue our journey of transforming houses into homes and create a community where everyone has a place to belong. HomeShare Kootenai County – it starts with you



www.homesharekc.org



# Save the Date!

June 7, 2024 City Park & Beach

Downtown Coeur d'Alene familydaycda.com

# JUNE 7, 2024 NOON TO 6pm

IN COEUR D'ALENE CITY PARK

Annual Last Day of School Family Fun Celebration! EVENTS AND ACTIVITIES SUBJECT TO CHANGE

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

- 100s of nonprofit, community, and business vendors
- Shop local Vendors at the North Idaho Family Marketplace
- Bandshell Entertainment from North Idaho Rock School!
- 5K Fun Run! The 5K to Marathon Program- see page 14 for more info

- Nonprofit outreach
- Activity booths
- Multiple give-a-ways
- Food Court
- Bounce Houses
- Fire engines, police cars and interactive heavy equipment

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







#### 2024 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 2023 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)
lacksquare 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

Family Day 2024 Sponsor:

# A NEW AND GENTLY USED CHILDREN'S CLOTHING STORE

WE BUY AND SELL NEW & GENTLY USED:

CLOTHING TOYS BABY EQUIPMENT



"Wonderful store! Super impressed with the selection of new and gently used clothing, as well as toys, gifts, and baby items. Fair prices. I left with a lovely pile of things for my littles." *Ashley B.* 







2120 N. 3<sup>RD</sup> ST. CDA, IDAHO FAMILY & LOCALLY OWNED AND OPERATED

Just South of 190 off the 4th Street exit.



## Important deadlines for 2024 High School Seniors

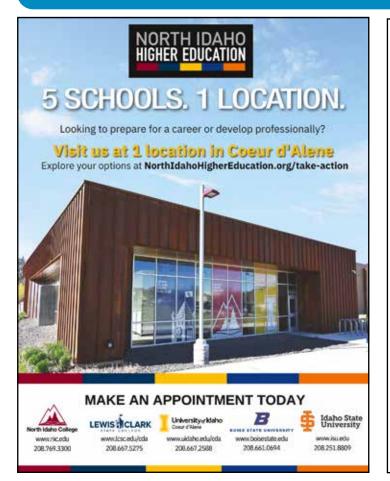
NOW is the time to apply for financial aid & scholarships for the 2024/2025 school year. Federal, State, and individual college deadlines vary widely. Most counselors recommend applying for federal financial aid with the FAFSA even if you think you won't qualify, or you think you won't need the aid.

- 2024/2025 FAFSA (Free Application for Federal Student Aid) is available NOW (FAFSA.ed.gov Make sure to use THIS site to apply).
- Early 2024: Deadline for CSS / Financial Aid PROFILE Application (found at CollegeBoard.org)
- March 1, 2024: 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 edinfocentercda.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.

#### Recent Changes (2022) to Know About!

- Simplified form now has 36, rather than 108 questions to answer
- Applications can select their role: parent, preparer, or student
- Drug convictions will no longer affect student eligibility to receive federal aid
- Male applications can receive financial aid even if they don't register for selective service







Pediatrics · Adolescent Medicine

#### **New Patients Welcome**

We Specialize in Pediatric and Adolescent Care.



Check out our Online Patient Services at

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

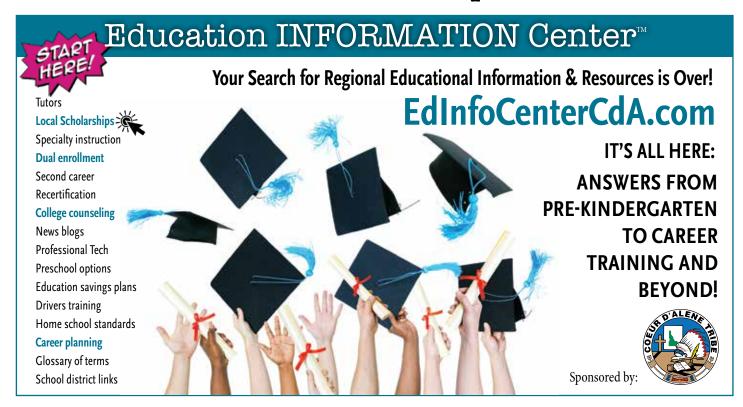


Seniors! Parents! Counselors Educators!

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

# Links to Regional Education Information from Birth through Retirement

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



## EdInfoCenterCDA.com: 10 years and growing!

The Education Information Center has been up & running for over 8 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 Frequently
- New sponsor involvement available

On FIRST page of Google results for dozens of regional education-related searches



# New "Learning Neighborhood" in North Idaho

A new program serving North Idaho families of pre-kindergarten children is launching in early spring 2024.

Encompassing townships in Latah, Benewah, and Kootenai Counties, the effort is based in Potlatch and funded by a two-year Ready to Learn grant from the Corporation for Public Broadcasting to Idaho Public Television's family and community education arm.

Partnering with Idaho Public Television's education team are several local organizations, including The Garden and Lil Moe's childcare centers, the Harvard Homeschool Co-op, Potlatch Public Library, and the Potlatch Historical Society; Moscow-based organizations IdahoSTARS, Gritman Medical Center, and the Latah County Library system; as well as Parents as Teachers and Idaho Association for the Education of Young Children.

The goal of the North Idaho project is to build a Learning Neighborhood, a network of partners and material supports that enhance the education of young children and their families.

"The work focuses on building family relationships," says program manager Lenea Pierzchanowski, an education specialist at Idaho Public Television. "And the skills and resources created by the grant will be sustainable long after the program is complete."

Through a combination of community engagement, family involvement, and professional development, the Learning Neighborhood will create learning priorities of functional literacy, critical and computational thinking, executive functioning, and career readiness.

Some of the planned activities are family and community learning workshops, a pint-sized career fair, a Parent University family experience, and mini camps for children and families throughout the spring and summer of 2024.

Molly Clark, director of The Garden daycare and preschool in Potlatch, says "I am thrilled to be part of the Learning Neighborhood project sponsored by Idaho Public Television. This initiative promises to make a significant and lasting impact on the children in our community. I believe it will bring invaluable resources, enhancing the quality of education in our small, rural town."

#### Other Resources:











More information:



Browse free educator resources.

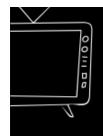


Watch tutorials on how to make the most of PBS LearningMedia.



idahoptv.org 208-912-4485 lenea.pierzchanowski@idahdoptv.org





# NOO LAPE



#### IDE VIDEO CONTEST FOR IDAHO TEENS

Idaho Public Television is sponsoring a contest for Idaho teens to produce a short video (90 seconds or less) for teenagers about the DANGERS OF TEEN VAPING.





(SEVEN AWARDED)



Panhandle Health District encourages North Idaho teens to submit a video for a chance to win! If you need help quitting vaping, contact us at 208-415-5122.

(THREE AWARDED)

**\$150** 

(UP TO 14







#### New Family Day in the Park Feature for 2024!



What is 5k to Marathon? It's an opportunity for elementary and junior high students to run or walk, accumulating 23.1 miles over the next few months. Then on June 7 at Family Day in the Park come run a 5k and you have done a marathon! 26.2 miles.

Include your family, friends, pets - it's fun and all finishers will receive a shirt, medal and some cool swag.

Get active, get engaged, get the family involved and join us at 4:00 pm at City Park. Registration is open. Sign up NOW and get moving!

https://runsignup.com/5ktoMarathon

# Create and upload your 90-second anti-vape video, and you could win a portion of the \$10,000 in prize money! Eli Richey 2023 Grand Prize Winner IDAHO PBS idahoptv.org/knowvape

# Good health starts with a wellness check.



As part of Heritage Health's commitment to proactive healthcare and preventative medicine, the organization is emphasizing the significance of annual wellness checks for everyone.

"Annual wellness checks serve as a cornerstone for maintaining overall health and well-being by being proactive and addressing potentially life-altering conditions, such as high blood pressure, obesity and diabetes. They provide an opportunity for patients to discuss their concerns with their provider," said Dr. Anthony Rehil-Crest, Chief Clinical Officer for Heritage Health.

"Annual wellness checks are not just about identifying existing health concerns, but also preventing future complications," said Rehil-Crest. "Through these routine check-ups, we can assess risk factors, provide personalized health recommendations and empower individuals to take care of their health."

- Early detection: Identifying health issues at an early stage can significantly improve treatment outcomes and boost quality of life.
- Preventative care: Custom preventative measures can be recommended to address specific health risks based on individual assessments.
- Health maintenance: Monitoring and managing chronic conditions, such as diabetes, can help achieve optimal health and prevent complications.
- 4. Patient education: The patient receives valuable one-on-one time with healthcare professionals, who facilitate discussions and provide answers to questions about healthy lifestyle choices, diet, exercise and mental health.
- Personalized healthcare: Patients receive valuable insights into maintaining a healthy lifestyle and chronic conditions and understanding risk factors.







CONVENTIONAL • REFINANCE • FHA • VA
USDA/RURAL • JUMBO • CONSTRUCTION
DOWN PAYMENT ASSISTANCE



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# 25 Fun Things to do with Kids

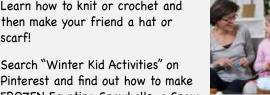
Create colored ice spheres! Fill water balloons with water and food coloring. Leave outside to freeze and then peel the balloon off of the colored ice and line your sidewalk or driveway.



- Do all the holiday puzzles in this issue! The St. Patrick's Day Word Search, and the Easter "Find the Differences!"
- Watch the eagles at Wolf Lodge Bay and Beauty Bay. It's a local treat from December through February.
  - 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 Boyd Avenue - 9th Street to 10th Street
- 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!



- 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 for ideas.
- Bundle up and take a walk along the Centennial Trail or around Tubbs Hill.
- Enjoy a family bowling night at Sunset Bowling or Triple Play.
- Plan your fantasy summer vacation Check out warm weather websites and magazines, and plan a future getaway with friends and family.
- Learn how to knit or crochet and then make your friend a hat or scarf!

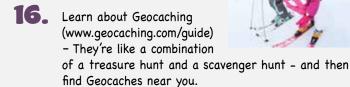


- FROZEN Erupting Snowballs, a Snow Storm in a Jar, or Crystal Suncatchers.
- Go have a JUMP DAY at Jump for Joy in Dalton.

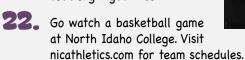
- Make Snow Cream! (Be sure to use CLEAN snow!!) Use 1 gallon of snow, 1 cup white sugar, 1 tablespoon vanilla extract, and 2 cups of milk. Mix and enjoy!
- Make a Shamrock Smoothie for St. Patrick's Day. Combine frozen sliced bananas, 2 cups of honeydew melon chunks, 2 kiwi fruits peeled and cut into 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?



- Have a camp out in the living room complete with microwave S'mores.
- Take a swimming lesson at SafeSplash
- 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.
- Make homemade Valentine's Day Cards for your mom, dad, or grandparents.
- Channel your inner geek -Check out "Hour of Code" at www.khanacademy.org or www. code.org. Ages 6-106.



- 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.



# Submit your **Community Events!**

Plan your fundraisers, find family-friendly events, and see what's happening in North Idaho on the N.I.C.E. Calendar!



nifamily.com



# **CALENDAR**

VISIT NIFAMILY.COM FOR THE MOST UP-TO-DATE CALENDAR.		
Feb 3	Hospice of North Idaho 39th Annual Wine Taste	
Feb 8	Polar Plunge - Special Olympics Idaho @ Hagadone Event Center	
Feb 9	Hearts for Homes Benefit for Habitat for Humanity	
Feb 9	2nd Friday Artwalk in Downtown Coeur d'Alene	
Feb 10	Sons of Norway Craft & Culture Fair	
Feb 16	Emerge Disco in the Clouds Benefit	
Feb 24	Seed Swap at the CDA Library	
Mar 2	Wine, Stein & Dine: Country Style	
Mar 8	2nd Friday Artwalk in Downtown Coeur d'Alene	
Mar 9	Viking Country Booster Auction	
Mar 9	Ladies Tea & Silent Auction for Open Arms Real Choices Clinic	
Mar 10	The Lighthouse Showcase - Annual Benefit for Safe Passage	
Mar 12	Community & Cocktails @ Beyond Bones Chiropractic	
Mar 16	Rotary Coeur d'Irish Party @ The CDA Resort	
Mar 16	St. Patrick's Day Parade @ Downtown Coeur d'Alene	
Mar 20	Port Falls Chamber Reverse Job Fair	
Apr 6	CDA Charter Partners in Education Gala @ Hagadone Event Center	
Apr 11	2024 CDAIDE Care Affair	
Apr 12	2nd Friday Artwalk in Downtown Coeur d'Alene	
Apr 18	Orchestrating Change - to benefit NAMI CDA at HREI	
Apr 19	13th Annual Cowboy Ball @ Kootenai County Fairgrounds	
Apr 20	Hauser Lake 5k/10k Icebreaker Run @ Hauser Lake	
Apr 29	Idaho Gives begins - through May 2	
May 1	North Idaho Business Expo & Career Expo	
May 10	2nd Friday Artwalk in Downtown Coeur d'Alene	
May 30	Coeur d'Alene Marathon	
June 7	Family Day in the Park & NI Family Marketplace @ CDA City Park	

## North Idaho Charitable Events Calendar

5k to Marathon Run at Family Day in the Park



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

Winter 2024 | 17 nifamily.com

June 7

## 2024 Summer Camps

The North Idaho Family Magazine has listed summer camps for 25 years!

If you are involved with an organization, church, or school that has a summer camp and know your plans, let us know!

Visit nifamily.com/north-idaho-summer-camps for list of camps and updates.

# Tesh's new sensory room provides a restful retreat.

New elements to the old building - all to better serve participants.

Tesh's new sensory room is a space where participants can escape sensory overload. The sensory room keeps you enclosed, like a tiny box and it's quiet and private. If a participant's anxiety is kind of heightened, they can opt-in to the space for a few minutes, and then come back to their scheduled classes to continue their learning.

Located in Tesh's Adult Day Health program's new space called The Den, the sensory room provides a room where participants, especially those who identify as neurodivergent, can have greater control over their level of sensory input.

Converted from a storage closet, the dimly lit space has a starry night mountain landscape mural on one wall, numerous fidget toys, lights that can be touched on and off, and textured objects such as smooth and rough rocks, a weighted lap blanket, noise-canceling headphones, and sunglasses.

"It really is about improving well-being, mental health and skill development," said Marcee Hartzell. "Sensory rooms provide a safe haven for individuals to explore various stimuli, helping them manage sensory overload, improve focus, and reduce restlessness. Sensory rooms are not only beneficial for people with autism but can also be useful for those with sensory processing disorders, anxiety, and other conditions."

The sensory room fulfills a repeated request from participants to be able to "take a beak" or to "find a space to calm down." The result is a space that participants describe as relaxing, soothing and essential. They also call it "SUPER COOL!"

The sensory room, in the (newly remodeled) Den, is part of new digs throughout the Tesh campus.

"We have made many changes over the last few months here at Tesh. All to better serve our clients. We have upgraded almost every client space in the building: new client chairs and lockers in their lunchroom, a new computer lab with 5 computers, big screen televisions in 3 classrooms, new paint and client inspired artwork on every wall, and now the new ADH room and sensory space," said Hartzell. "We are excited for the next two phases this spring – new clients to fill these fresh new spaces, and our Youth Summer Program beginning in June – in their newly remodeled building!"









teshinc.com



# Author Spotlight: Mike Baker -

#### The "EndoDad" Offering Vision and Support Through Art

One year ago, in a situation heartbreakingly familiar to many parents, Mike Baker found himself at a crossroads. As his daughter Samantha endured the relentless pain of endometriosis, Mike, the CEO of Heritage Health, felt the full weight of parental powerlessness. Yet, it was from this deep well of frustration and concern that he drew the resolve to act, desperately channeling his need to "fix-it" energy into a meaningful project that would offer some hope to those facing similar challenges. Mike's wife Kellie also battles endometriosis as well.

Mike's journey into the art world might be unconventional, but his drive is anything but. He chose artificial intelligence as his medium, a decision that allows him to infuse his creative energy and ideas with life. His creative process is collaborative, a dance with technology to sculpt images that resonate with the strength and endurance of women who face endometriosis and the many other challenges they face every day.

The images he creates are more than just pixels on a screen; they're visual affirmations, intended to remind women of the warrior within, especially when the fog of their condition threatens to wipe out their own perception of strength. Through his art, Mike aims to offer visual anchors, symbols of resilience for those moments when the disease feels overwhelming.

Mike's work in healthcare advocacy has always been about making a difference, and this project is a heartfelt continuation of that journey. His advice to anyone with a gift is to use it to connect, comfort, and inspire change. The world needs to be inspired right now and we all have an opportunity to either shine light for those that need it.

The impact of Mike's initiative can be felt far and wide, as his images offer a unique reflection of the resilience inherent in those living with endometriosis. His work has helped people across the globe with his "EndoWarriors" now proudly shining light in the homes of hundreds of women he worked with this year. His art is being showcased in an exhibition in London this year as part of a traveling art show focused on telling the stories of people with this awful disease. His Instagram (@endodad76) showcases this empowering work, and Heritage Health provides resources and support at myheritagehealth.org for those seeking help.

In blending compassion, creativity, and the latest in AI technology, Mike Baker has crafted a space where the strength of "EndoWarriors" is not just seen, but celebrated and shared, reminding a community that they are not alone in their fight.











Mike's artistic endeavors have grown to include a wider array of visuals available on Instagram @InfiniteCanvasAi, showcasing a diverse portfolio of his AI-generated artistry.

# Civic Engagement Alliance Bids Farewell

\*A message from the Civic Engagement Alliance Board of Directors\*

After nearly six years of organizing local, volunteer-run projects, the Civic Engagement Alliance board of directors is closing its operations. As the organization's founder and board president, my household is starting a new adventure in Roanoke, Virginia. I will miss Coeur d'Alene and cherish the time spent with people here through the work of community organizing.

With limited capacity as a small nonprofit, the timing is right to close this chapter and celebrate our successes. Civic Engagement Alliance is tremendously grateful for the support we received over the years from those who volunteered for our projects and events.

We're proud to have brought the Civic Action Festival, voter registration drives, Postcards to Voters, Kindness Cards, Trash Tag Challenges, Project Neighborly, Community Conversations, and panel discussions to fruition. We trust that our efforts toward making a positive impact within the community will be continued by civic-minded leaders now and in the future.

To foster a sense of belonging and strengthen civic participation among residents, volunteer-based engagement in impactful projects across the community is essential.

Many nonprofits and groups in Kootenai County do phenomenal work and enhance our quality of life. All are worthy of gifts of time, talent, and resources.

We chose two organizations, the Kootenai County League of Women Voters and Love Lives Here CDA to receive our remaining assets.

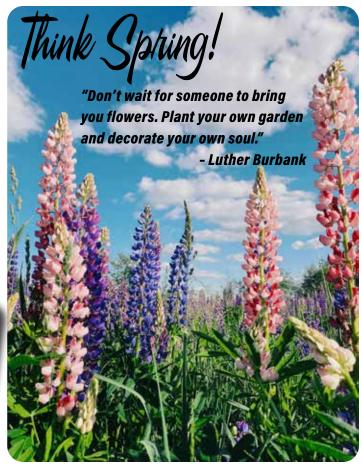
We encourage everyone, whether long-term residents or new to the area, to dedicate energy to any community-based organization that brings people together in healthy dialogue and community action.

With care and gratitude,

Jessica Mahuron, Civic Engagement Alliance Founder and Board President







# Did you Know ...? We're More than JUST a MAGAZINE!

# The North Idaho Family Group Provides Outreach & Support to 100s of Nonprofits and the Clients they Serve

- Family Day in the Park: 100s of Vendors, Reach thousands of families
- Education Information Center: Pre-K through Retirement Education resources for all of North Idaho
- North Idaho Family Magazine: 24 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.
- North Idaho Charitable Events (N.I.C.E.) Calendar: Most comprehensive list of local Fundraisers
- The Group Scoop: "Bite-Sized" news and informative topics for for nonprofits and the community.
- The North Idaho Family Magazine Facebook page & Group: facebook.com/NorthIdahoFamilyMagazine facebook.com/groups/northidahofamily to share community information to families & organizations

#### Advertise in the North Idaho Family Magazine!

Is your business looking for a unique, niche distribution to thousands of North Idaho Families? It is the ONLY magazine that goes home in the backpacks of the kids at schools (vs. just a rack location), plus relocation services and other outlets.

Your advertising supports not only the magazine, but multiple other programs and projects of the North Idaho Family Group nonprofit (nifg.org) ... so you're really helping over 100 nonprofits in North Idaho!



#### 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.

# EMBER DIRECTOR

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** 

Boys & Girls Club of Kootenai County | 925 N 15th St, CdA | 618-2582 | 200 W Mullan Ave, Post Falls | 457-9089 | northidahobgc.org

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

Fosterful | 2633 W Apperson Drive CdA | fosterful.org

Fostering Idaho | 2005 Ironwood Pkwy #200, CdA | fosteringidaho.org (800) 745-1186

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 Sound Beginnings | healthandwelfare.idaho.gov

Idaho Youth Ranch/Anchor House | 1609 N Government Way, CdA 667-3340 | youthranch.org

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

Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave, CdA | 292-2359 | hrei.org Civic Engagement Alliance | 414 Mullan Ave, CdA | 274-3426 | civicengagecda.

#### **Crisis Intervention**

Emergency, Fire & Police | 911

Child Protective Services | 1120 Ironwood Drive, CdA | 855-552-5437 healthandwelfare.idaho.gov

Children's Village | 1350 W Hanley Ave, CdA | 667-1189 | thechildrensvillage.org ICARE | 201 E Harrison Ave. CdA | 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 #D, CdA | 625-4884 | nicrisiscenter.ora

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, CdA | 664-9303 | safepassageid.org

#### **Education - Adult**

North Idaho College | 1000 W Garden Ave, CdA | 769-3315 | nic.edu North Idaho Higher Education | northidahohighereducation.org North Idaho College Workforce Training & Community Education 525 W Clearwater Loop, Post Falls | 769-3222 | nic.edu/wtc

University of Idaho | 1031 N Academic Way #242, CdA | 667-2588 | uidaho.edu

#### **Education - Child**

Cd'A School #271 | 1400 N Northwood Center Ct, CdA | cdaschools.org Emerge CDA | 119 N 2nd Street, CdA | emergecda.com

Emerged Learning: Academic Enrichment | emerge-learn.com

GeoKids | exploregeokidz@gmail.com

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

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

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

Lake City Highland Dance Inc. | 4672 Magrath Dr, CdA | 619-9278 | lakecityhighlanddance.com

Mountain States Early Head Start | 411 N 15th St #200, CdA 765-6955 | msehs.org

North Idaho College Head Start | 411 N 15th St #103. CdA 666-6755 | nicheadstart.org

Natural Connections Academy | 5827 W Conklin Rd, Worley | 208-428-6224 North Idaho School of Rock | northidahorockschool.com

Quest Academy North Idaho | 6200 W Hayden Ave, Rathdrum | 889-8040 questacademyni.com

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

#### Family Services

Family Promise of North Idaho | 501 E Wallace Ave, CdA | 777-4190 familypromiseni.org

#### Government

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

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

Department of Health and Welfare | 1120 Ironwood Dr, CdA | 769-1409 or 211 Family Resource & Training Center | 2005 Ironwood Parkway #200, CdA 800-745-1186 | icwrtc.org

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

#### Healthcare

Heritage Health | 1090 Park Place, CdA | 292-0292 | myheritagehealth.org HomeTown Family Chiropractic | 291 E Appleway Ave #101, CdA | 261-2206 hometowncda.com

Hospice of North Idaho | 2290 W Prairie Ave, CdA | 772-7994 | honi.org Idaho Sound Beginnings | 334-0829 | healthandwelfare.idaho.gov idahosoundbeginnings@dhw.idaho.gov

Kootenai Health | 2003 Kootenai Health Way, CdA

667-3742, PF 619-4100, SP 263-6763 | kootenaihealth.org Kootenai Urgent Care | CdA, Post Falls, Hayden | kootenaiurgentcare.com Open Arms PCC & Real Choices Clinic | 8056 N Wayne Drive, Haydenn | 667-5433 | realchoicesclinic.com

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

Peach Orthodontics | 1145 E Polston Ave, Post Falls | 618-5111 peachortho.com

SafeStart - NISSA | 212 South 11th St #1, CdA | 206-548-9290 | nwsids.org Shriner's Hospital for Children | 911 W 5th Ave. Spokane, WA 509-455-7844 | shrinershospitalsforchildren.org/spokane

Spoelstra Family Chiropractic | 214 West Sunset Ave, CdA | 667-7434 cdahealth.com

#### **Healthcare - Mental**

Northern Idaho Crisis Center | 2195 Ironwood Court, #D, CdA 625-4884 nicrisiscenter.org

Northwest Behavioral Health | 1612 N 3rd St, CdA | 765-4509

#### Community / Misc.

Christian Youth Theater (CYT) North Idaho | PO Box 3250, CdA | 765-8600 cytnorthidaho.org

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

Coeur Climbing Company | 764 Clearwater Loop Rd #101, Post Falls 777-9253 | coeurclimbing.com

Coeur d'Alene Library Foundation | 702 E Front Ave, CdA | 769-2315 cdalibrary.org

Coeur d'Alene Public Library | 702 E Front Ave, CdA | 208-769-2315 | cdalibrary.org

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

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

Destiny King Productions | Destinykingpro.com

DogNlt Hotel & Daycare | 2890 N Government Way, CdA | dognit-daycarekennel.business.site

Elite Auction | 640-7449 | eliteauctioninc.com

Express Employment Professionals | 2834 N Ramsey Rd #104, CdA 667-5627 expresspros.com |

Idaho Education News | idahoednews.org

Idaho Public Television | idahoptv.org

Innovia Foundation | innovia.org

Jump for Joy | 250 W Dalton Ave, CdA | 664-5200 | jumpforjoycda.com

LeafFilter Gutter Protection | LeafFilter.com

LeafGuard of Spokane | 11407 E Montgomery, Spokane Valley | leafguard.com Momentum Sports and Play | 245 W Bosanko Ave Ste 1, CdA | 966-4535 momentumsportsandplay.com

Museum of North Idaho | 115 NW Blvd, CdA | 664-3448 | museumni.org NIBCA Education Committee | nibca.com

North Idaho Sports Commission | PO Box 391, CdA | 503-740-9946 nisportscommission.org

Northwest Family Network | 721 E Linden Ave #308, CDA facebook.com/northwestfamilynetwork

Northwest Health & Safety Network | 1424 E Sherman Ave, CdA | northwesthsn@gmail.com

Pillar of Legacy, LLC | pillaroflegacy@gmail.com

Positive Possibilities | facebook.com/groups/positivepossibilities

Primerica | brianhoran@icloud.com

Renewal by Anderson I rbawa.com

Running Shoes 4 Kids | facebook.com/runningshoes4kids

Safesplash + Swimlabs of CdA | safesplash.com/locations/coeur-d-alene-id T-Mobile | T-Mobile.com

The Salvation Army Ray & Joan Kroc Community Center | 1765 W Golf Course Rd, CdA | kroccda.org

**Religious/Fraternal** 

First Presbyterian Church | 521 E Lakeside Ave, CdA | 667-8446 1stpresdowntown.org

Heart of the City Church | 722 W Kathleen, CdA | 665-7808 | theheartcda.com Lutherhaven Ministries | 3258 W Lutherhaven Rd, CdA | 667-3459 | lutherhaven.com

The Vine Church | 9140 N Reed Rd, Hayden | 449-2080 | thevineidaho.org

#### **Pet & Animal Services**

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

#### **Senior Services**

Adult Protection Services | 2120 Lakewood Dr. #B, CdA | 667-3179 ElderHelp | 9420 Government Way, Hayden | 661-8870 | ehoni.org North Idaho Home Health | Ihcgroup.com/locations/north-idaho-home-health Onsite4Seniors | 967-4771 | onsite4Seniors.org

#### **Social Services**

CAP Community Action Partnership Food Bank | 4144 Industrial Ave #E, CdA 664-8757 | cap4action.org

Habitat for Humanity | 176 W Wyoming Ave, Hayden | 762-4663 Idaho Dept. of Health & Welfare | 1120 Ironwood Drive, CdA healthandwelfare.idaho.gov

St Vincent de Paul | 201 E. Harrison Ave, CdA | 664-3095 stvincentdepaulcda.org

Union Gospel Mission Center for Women & Children | 196 W Haycraft Ave, CdA 665-4673 | uniongospelmission.org

United Way of North Idaho | 501 E. Lakeside Ave #3, CdA | 667-8112 unitedwayofnorthidaho.org

#### **Special Needs**

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

#### **Substance Abuse-Recovery/Prevention**

Al-Anon | CdA | 676-0549 | al-anon-idaho.org Alcoholics Anonymous | 118 N 7th St #B5, CdA | 667-4633 | aa.org Idaho Drug Free Youth | 2028 Best Ave, CdA | 664-4339 idahodrugfreeyouth.org

Kootenai Recovery Community Center | 120 E Anton Ave, CdA | 932-8005 | kootenairecovery.org

#### Support Networks/Groups

Operation Second Chance | operationsecondchance.org Disability Action Center | dacnw.org Ds Connections NW | dsconnectionsnw.org | 3839 W Prairie Ave, Hayden | (877) 733-3955 Reentry Idaho | 900-9075 | reentryidaho.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.

#### 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!



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