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At Prestige Senior Living we embrace the concept of wellness, which we believe is about quality of life. Our Celebrations lifestyle program focuses on an array of wellness opportunities designed to help you celebrate life and feel your best, no matter your age.

With Celebrations, you have the tools to explore a host of exhilarating new activities to achieve a healthy and fulfilled lifestyle.

We invite you to:
- Make New Friends
- Expand Your Mind
- Live Better
- Express Yourself
- Make a Difference
- Enjoy Life!

Call (208) 666-9900 to schedule a tour or to learn more about our community.

Legends Park Assisted Living Community
1820 N Legends Pkwy
Coeur d’Alene, ID 83815
www.PrestigeCare.com

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We bring healing HOME.

Home health enables you to receive the care you need in the comfort of your own home. With home care, you can trust that the treatment plan prescribed by your doctor will be followed thoroughly as you receive high-quality and compassionate care from our trained nurses and therapists.

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North Idaho Home Health
208.667.7494
**Alzheimer’s Association**
Living with Alzheimer’s: for Middle-Stage Caregivers
Wednesdays - April 8th and 15th 1-3:30 pm
Area Agency on Aging
2120 N. Lakewood Dr. CDA
208-666-2996
**Arts Buzz**
First Friday of every month - 9 am
Chamber Conference Room
Networking for anyone interested in the arts.
105 N. 1st St. CDA
www.artsandculturecda.org
208-292-1629
**Art Walk**
Second Friday of each month
5 pm - 8 pm
Downtown Coeur d’Alene
www.artsandculturecda.org
208-292-1629
**Aspire Community Theatre**
Tarzan the Stage Musical
April 17th - 26th
Kroc Center
www.aspirecda.com
208-696-4228
**BINGO**
Every Monday & Thursday evening
5:30 to 8:30 pm
$10 minimum buy-in
Lake City Center
1916 N. Lakewood Dr. CDA
www.lakecitycenter.org
208-667-4628
**Coeur d’Alene Rambling Rovers**
A Travel Club
For newsletter and information
208-765-4554
**Coeur d’Alene Summer Theatre**
Schuler Performing Arts Center
NIC - 880 W. Garden Ave.
Little Shop of Horrors - July 3, 5, 8 - 11th
Seven Brides for Seven Brothers - July 17, 19, 22 - 25th
The Full Monty
July 1, August 1-2, 5-8th
All Shook Up
August 14-16th, 19 - 22nd
(see our ad on page 11)
**Coeur d’Alene Symphony**
Saturdays with the Symphony
April 25th - 10:30 am CDA Public Library
A Fiery Conclusion
May 1st - 7:30 pm
May 2nd - 2 pm
KROC Center
www.cdasymphony.org
208-765-3833
**Cooking Classes**
The Culinary Stone
Riverstone Shopping Center
Usually every Tuesday & Thursday
Be sure to call or check Web site before attending.
www.culinarystone.com
208-277-4116
**Daylight Savings Time**
March 8th
Set clicks forward one hour
**Farmers Markets**
Hayden
9428 N. Government Way
Meet the 2nd Wednesday of each month
Email: sckincaid@gmail.com
208-667-0072
**First Friday of every month - 9 am**
Chamber Conference Room
Networking for anyone interested in the arts.
105 N. 1st St. CDA
www.artsandculturecda.org
208-292-1629
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March 8th
Set clicks forward one hour
**Farmers Markets**
Hayden
9428 N. Government Way
Meet the 2nd Wednesday of each month
Email: sckincaid@gmail.com
208-667-0072
**Knit Wits**
Meet the 1st Wednesday of the month
1-3 pm.
Lake City Center
1916 Lakewood Dr. CDA
208-667-4628
**Lake City Center**
1916 N. Lakewood Dr., CDA
Monday - Friday 8 am to 4 pm
Lunch Served Monday through Friday, Wednesday and Friday.
Cribbage, Billiards, Bridge, Darts, Games, Ping Pong, Pinochle, Tai Chi, Yoga and now Mahjong.
Fit & Fall Proof, painting classes and much, much more. Call or visit Web site for details
(continued on next page)
Senior Stickers Quilting
Every Thursday - 12:30
1916 Lakewood Dr. CDA
www.lakecitycenter.org
208-667-4628

Silver Angels for Elderly
Poker Ren
Saturday - May 30th.
208-906-0040

Smart Phones 101 Classes
First Wednesday of each month - 10 am
Lake City Center
1916 Lakewood Dr. CDA
www.lakecitycenter.org
208-667-4628

Mother’s Day Concert in the Park
City Park Bandshell
May 10th - 2 pm
www.nic.edu/events
208-769-7764

Museum of North Idaho
Tuesday - Saturday 11 am - 5 pm
April 1st to October 31st
115 Northwest Blvd.
(in front of Coeur d’Alene City Park)
www.museumni.org
208-664-3448

Paint With A Friend
Coeur d’Alene Art Association
Every Thursday
10:30 am - 1 pm
St. Luke’s Church 5th & Wallace
coeurdaleneartassoc.org
208-818-9614

Post Falls Senior Center
1215 E. 3rd Ave. Post Falls
Please call before attending!
Fit n Fall Exercise Class
Every Monday & Friday 9:30 am
Bingo - Wed. & Fridays 12:30 pm
Rivercity Garden Club
meets 3rd Wednesday of each
Month - 6 pm
www.postfallseniorcenter.org
208-773-9582

Senior Centers
Hayden Senior Center
9428 N. Government Way, Hayden
208-762-7052

Jewett House
1501 E. Lakeshore Dr., Coeur d’Alene
208-661-4251

Lake City Center
1916 N Lakewood Dr, Coeur d’Alene,
208-667-4628

Post Falls Senior Center
1215 E 3rd Ave, Post Falls,
208-773-9582

Rathdrum Senior Center
8037 Montana St, Rathdrum
208-687-2028

Spirit Lake Community Senior Center
32564 N. 4th Ave., Spirit Lake
623-6125

(continued from previous page)

Want us to help spread your news?
Send us an event, class or activity you would
like included in our magazine. Please email
sam@retirementpublishing.com and include the
name of the event or activity, a brief description,
event address, date, time, cost, contact number
and web site. Submission does not guarantee
publication. Next deadline for July 3rd quarter
Issue is June 10th.

So What’s The Weather?
April ’20
Average High: 58°
Average Low: 34°
Mean: 46°
Average Precipitation: 1.7 in.
Record High: 94°
Record Low: 5°

May ’20
Average High: 68°
Average Low: 42°
Mean: 55°
Average Precipitation: 2 in.
Record High: 98°
Record Low: 21°

June ’20
Average High: 75°
Average Low: 48°
Mean: 62°
Average Precipitation: 1.8 in.
Record High: 102°
Record Low: 28°
Do You Have Trouble Sleeping?

Many sleep studies have uncovered some interesting facts about why we sleep and what happens when we sleep.

You know how you feel when you haven’t had a good night’s sleep—tired, cranky, fuzzy-brained. Without adequate sleep, it’s more challenging to learn something new and remember what you’ve learned.

As people grow older, they tend to have a harder time falling asleep and staying asleep. Sleep patterns change for many reasons—health, medications, lifestyle, and other physical and psychological factors. But the need for sleep does not decline with age.

The National Sleep Foundation recommends 7-8 hours of sleep for adults aged 65 and older. This recommendation is supported by comparing older adults that sleep from 6-9 hours to older adults with shorter or longer sleep periods. The group that slept 6-9 hours showed better cognition, mental and physical health.

Many sleep studies have uncovered some interesting facts about why we sleep and what happens when we sleep. Since we literally “void alcohol.” A glass of wine can make you sleepy, so taking sleeping pills at other times of the day can affect your awareness.

Watch for side effects. Contact your doctor if you feel sleepy, tired, dizzy, or have other concerning side effects during the day.

Avoid alcohol. Mixing alcohol and sleeping pills can be dangerous.

Beware of quitting cold turkey. Quit carefully. Some meds need to be stopped gradually, and some can produce short-term rebound insomnia. Check with your health professional.

Sweet dreams!

Common sense suggestions:

Before beginning a medication program to help you sleep, consult a doctor or a sleep specialist. Everyone does not react the same way to a specific medication; what works for one may not work for another.

• See your doctor. Be examined by your doctor, ask questions, and take pills only as directed.
• Read the medication guide. Printed information comes with your medication and includes possible side effects.
• Take pills only at bedtime. Sleeping pills may make you sleepy, so taking sleeping pills at other times of the day can affect your awareness.
• Watch for side effects. Contact your doctor if you feel sleepy, tired, dizzy, or have other concerning side effects during the day.
• Avoid alcohol. Mixing alcohol and sleeping pills can be dangerous.
• Beware of quitting cold turkey. Quit carefully. Some meds need to be stopped gradually, and some can produce short-term rebound insomnia. Check with your health professional.

See your doctor or a sleep disorder specialist if your sleeping problem persists.

Many people turn to over-the-counter sleep aids for relief. It’s always wise to consult a health professional to be aware of possible side effects.

Over-the-counter supplements:

Many people turn to over-the-counter sleep aids for relief. It’s always wise to consult a health professional to be aware of possible side effects.

Antidepressants have a sedating effect. Until recently, insomnia was considered a side effect of depression, so antidepressants have been used to aid sleep. If they should be used for that purpose and how much or how little to prescribe are being studied. Common medications include Trazadone and Doxepin (Silenor).

Melatonin, prescribed as Ramelteon, may be more effective than the over-the-counter version. Taking melatonin before bedtime may help with insomnia and is not believed to be addictive.

Common prescription drugs and how they work

If your best attempts to get a good night’s sleep have failed, prescription sleeping pills may be an option, at least temporarily.

Orexin Receptor Antagonists block a chemical that keeps people awake and alert. Since a specific area of the brain is targeted, there may be fewer side effects than with some other sleep aids. Only Suvorexant (Belsomra) is currently FDA approved.

Benzodiazepines slows a particular activity in the brain, so people fall asleep more quickly and stay asleep longer. However, long-term use may cause medication tolerance—how they work...
Daylight Savings Time!  
April Fools Day!  
IRS Tax deadline! 

They say “a fool and his money are soon parted,” and on April 15th, the IRS comes along and makes that true of all of us!

Daylight Savings Time. April Fool’s Day and the IRS Tax deadline, all occur within a litt over a month this time of year. I wonder, is there a connection in that somewhere?

They say ‘a fool and his money are soon parted,’ and on April 15th, the IRS comes along and makes that true of all of us!

The practice of fooling around on April 1 began under King Charles IX in 1564. Throughout France in the early sixteenth century, New Year’s Day was celebrated on March 25, the advent of spring. The week-long festivities ended with dinners and parties on April 1.

When King Charles adopted the Gregorian calendar, however, New Year’s Day was moved back to January 1, much to the chagrin of the party-loving French.

When many Frenchmen continued partying and exchanging gifts on April 1, political jokers (yes, they had them even in the 16th Century!) ridiculed the conservatives’ steadfast attachment to the old New Year’s date by sending prank gifts and invitations to nonexistent parties.

The butt of an April Fool’s joke was called a poisson d’Avril, or “April fish,” in honor of the zodiacal sign of Pisces, the fish. When Napoleon I married his second wife on April 1, 1810, he was nicknamed an “April fish,” or in today’s terminology, an “April Fool.”

The fun-loving French enjoyed the April pranks so much, they made April Fool’s Day a custom in its own right, no longer protesting the calendar change that had given it birth. The jesting and fooling took about 200 years to reach merry old England, where it also took root, and then traveled to the New World with early settlers.

The custom also caught on here in America, and no where is it practiced more tenaciously than in the hallowed halls of Congress like King Charles of old, who fooled around with the calendar, our erstwhile congressmen decided to tinker with the clock. In 1967 they passed the Uniform Time Act, which proclaimed that all states and U.S. possessions were to observe Daylight Saving Time. The jesting and fooling took about 200 years to reach merry old England, where it also took root, and then traveled to the New World with early settlers.

Tucked away by the Uniform Time Act is the IRS Tax deadline. But what most people don’t realize is that Daylight Saving Time affects more than just the IRS; it affects everyone who has a clock or a calendar or a phone or a computer or a microwave or a watch or a refrigerator or a car or a boat or a plane or a train.

As a matter of fact, Daylight Saving Time affects everyone who has ever lived. Because we all know that if you set your clock back an hour, it’s still the same time. And if you set your clock forward an hour, it’s still the same time.


And why, you ask, do we have to change our clocks twice a year? Well, the reason is that Congress decided to save energy by changing the clocks twice a year. And the reason they decided to save energy is that theyScroll page 11 text here.
**THE SPIN**

After listening to politicians for the past year I realized something very important - I should stop listening to politicians. However they are good at one thing - spinning - making everything sound better than it really is. Well, maybe it’s time we seniors get in on the spin bandwagon. We’ve all heard the spin that WRINKLES are really WISDOM LINES. I want to take this to the next level:

One image of seniors is that we constantly REPEAT OURSELVES. I suggest we spin this by saying we are simply REINFORCING OUR IDEAS (mostly to people who are not smart enough to understand what we are saying the first time).

Unfortunately to many a WALKER is a symbol of our declining years. We can change this impression by calling it a SELF POWERED MOBILITY DEVICE.

As we get older we are subject to shrinking; about one to two inches in height. However, if we spin SHRINKING to DOWNSIZING we are happily moving into smaller bodies. And it strongly implying that it’s something we want to do. Many people across the country are talking about one to two inches in height. However, if we spin SHRINKING to DOWNSIZING we are

Another stereotype of getting older is loss of hair. We should stop using the negative word BALD and start calling our shiny scalp SKIN BLING. The word ‘blond’ indicates that we are kind of hip (if hip is still a hip word).

Another stereotype is that we live in the past – thinking of days gone by. By spinning this and calling us TIME TRAVELERS, I’m giving us a sci-fi aura. And time traveling doesn’t have to mean that we actually go there physically - we can go there mentally. Right now I am thinking I am sixteen years old. Oh man, I’m getting a pimple.

I would write more but I feel like taking a nap. I mean a MENTAL POWER REGENERATOR.

Keith Taylor

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**Does Kevorkian Have the Answer After All?**

"Ya know I didn’t miss a thing in this old life. If I had it to do all over again I wouldn’t have changed a bit of it. I just don’t want to finish up a pathetic sick old man."

Keith Taylor

---

Neither of us pussyfooted around the subject. He still had the cancer and nothing was going to stop it - nothing except a heart attack perhaps. He had one of them too, a big one. Fortunately he was with a friend who also had heart disease and carried nitroglycerin. He gave a pill to Freddie and my friend lived to await the return of the cancer.

Later he told a mutual friend, “I wish that had done it for me. Ya know I didn’t miss a thing in this old life. If I had it to do all over again I wouldn’t have changed a bit of it. I just don’t want to finish up a pathetic sick old man.”

Yet, that’s what he is doing. He spent something like three weeks in the hospital, the last week unconscious in intensive care. I called Trudy and tried to tell her: ‘If he wakes up tell him I called.’ Septuagenarian men aren’t supposed to cry but I didn’t make it. Trudy cried along with me and said, ‘I will.’

Both of us were sure he wouldn’t wake up, but I needed to say something. Everybody I talk to now is concerned for Trudy and the hell she’s going through with her husband of 30 years now merely a dripped breathing body. We wonder how much money she’ll have left after paying all the bills.

He’s home and still unconscious. If they discontinue the morale he’ll wake up and scream until he dies. Or, they can sever a nerve and he might wake up without pain but he’d know he was paralyzed. Despite all the flowery words on pretty get-well cards, and the high flown religious sentiments death seldom is dignified. Doctor Kevorkian has the answer. We will just have to recognize it.

I realize this is a highly controversial subject but one I feel needs to be explored and discussed. What are your feelings? Let me know and I’ll print your response in the next issue out in July. Please keep it to 290 words or less. You can email your response to sam@retirementpublishing.com or mail to Retirement Publishing, 7713 Heartland Dr #5, Coeur d’Alene, ID 83815

I’ll be glad to honor your privacy if you would rather not have your name included. - Publisher
Wills vs. Trusts: In Plain English
by Ryan Crandall

Everyone has heard of wills and trusts. Most articles written on these topics often presume that everyone knows the basics of these essential documents. But in reality, many of us don’t — and with good reason — as they’re rooted in complicated, centuries-old law.

Let’s face it, if you’re not an estate planning attorney, these concepts tend to remain merely that — concepts. So, if you’re unsure about wills and trusts, know that you are not alone. Let us explain the difference between these two documents and help you understand which document might be best suited for you and your family.

Wills vs. Trusts: Defined

**Will.**
A will is a written document that is signed and witnessed. A will is considered a “death” document as it only goes into effect when you die.

- Provides for the distribution of assets owned by you, but not assets directed to others through beneficiary designations (e.g., life insurance or retirement benefits)
- Names your choice of personal representative (executor) in the probate of your estate
- Allows you to appoint permanent guardians for your minor children
- Tends to cost less than a trust at the outset but usually ends up costing significantly more money and time to close out the estate after death

**Trust.**
A trust is a legal entity that remains in place during your lifetime, during any period of disability, and after death. Because the trust is effective during your lifetime and you can change it, it’s referred to as a “living” trust.

- Avoids probate if fully “funded”, meaning that your assets are titled to your trust
- Provides for the distribution of your assets
- Allows for the management of your property even if you’re incapacitated
- Often includes protective trusts for beneficiaries and tax planning
- Permits you to revoke or amend your wishes during your lifetime

The Probate Process: Understanding the Key Difference Between a Will and Trust

The term “probate” literally means “proving.” It refers to the process where the decedent’s will is authenticated, outstanding debts are paid, and assets are transferred to beneficiaries.

Probate can take a long time — even years. It’s expensive, and the entire process is completely public. Although probate can be a useful avenue for resolving conflicts between heirs or claims of creditors, there are very few reasons why anyone would want their estate to go through probate.

Probate Certain

Some of this depends on your state’s laws and the make up of your estate, but for most people, using a will as your estate planning tool will make probate a certainty.

The Bottom Line on Wills vs. Trusts

Everyone’s situation is unique. It’s important to consider your own situation to determine what planning strategy is right for you and your loved ones. What is most important to you, probate avoidance, incapacity planning, asset protection? Talk to a trusted estate planning attorney to discuss what’s best for you and your family.
**Senior Services**

**Adult Day Care**
- The Bennett House  208-967-4771
- Alzheimer's Assoc.
  - Alzheimer's North Idaho Resource Ctr.
  - 2065 W. Riverstone  #205  CDA  208-666-2996

**Alzheimer's Care**
- C Creekside Inn Memory Care  208-665-2444
- Orchard Ridge Senior Living  624 W. Harrison Ave  208-664-8119

**Alzheimer's Care**
- Coeur d'Alene  208-667-3179
- (see our ad on page 23)

**Attorneys**
- Coyle & Wytchyak Elder Law
  - Katherine Monroe Coyle
  - 314 E. Garden, CDA  208-765-3595
- Crandall Law Group
  - 8596 Wayne Dr Hayden  208-772-7111
  - (see our ad on page 15)

**Cancer Care**
- CancerCare Northwest
  - 1440 E. Mullan Ave.  Post Falls  208-754-3100

**Casinos**
- Coeur d'Alene Casino
  - Worley, ID  208-769-2600

**Cemeteries**
- Coeur d'Alene Memorial Gardens
  - 7315 N. Government Way, CDA  208-772-4015
- Forest Cemetery
  - 1001 N. Government Way, CDA  208-769-2252

**Certified Elder Law Attorney**
- Coyle & Wytchyak Elder Law
  - Katherine Monroe Coyle
  - 314 E. Garden, CDA  208-765-3595
  - (see our ad on page 3)

**Certified Senior Advisor**
- Nancy L. Loftis CPA, CSA
  - 605 E. 6th, Post Falls  208-773-6962

**Clinics**
- Heritage Health
  - 4 locations to serve you
  - (see our ad on next page)

**Cooking Clubs & Lessons**
- The Culinary Stone
  - 2129 Main St.  Riverstone  208-777-4116

**Counseling**
- Rathdrum Counseling Center LLC
  - 14954 Coeur d'Alene St.  Rathdrum  208-667-0583

**Dental**
- Coyle & Wytychak Elder Law
  - Katherine Monroe Coyle
  - 314 E. Garden, CDA  208-765-3595

**Diabetes**
- Diabetes Education Service
  - Panhandle Health  208-415-5293

**Diabetes**
- Diabetes Education Service
  - Panhandle Health  208-415-5293

**End of Life**
- Also see Cremation & Funeral Homes
  - No One Shall Die Alone  N.O.S.D.A  208-659-0186

**Emergency Medical**
- Kootenai Health Emergency Dept.
  - 2003 Kootenai Health Way, CDA  208-625-5700
- Northwest Urgent Care
  - 750 N. Syringa St. Post Falls  208-262-2600

**Elder Abuse**
- Adult Protection Services
  - Area Agency on Aging  800-786-5536
  - (see our ad on page 23)

**Elder Abuse**
- Adult Protection Services
  - Area Agency on Aging  800-786-5536
  - (see our ad on page 23)

**Education**
- Boise State University - Cntr. for the Study of Aging
  - Boise, ID  208-850-4771
- Lewis-Clark State College  CDA
  - 1031 N. Academic Way  208-666-6707
- North Idaho College
  - 1000 W. Hubbard Ave.  CDA  208-769-3316
- University of Idaho  Coeur d'Alene
  - 1000 W. Hubbard Ave. Ste. 242  CDA  208-667-2588

**End of Life**
- Also see Cremation & Funeral Homes
  - No One Shall Die Alone  N.O.S.D.A  208-659-0186

If you would like additional free copies of this publication, just call 208-484-7913 or download a copy from our Web site at www.retirementpublishing.com > Idaho Publications
Memory Care Tips & Resources
North Idaho Edition

Memory Care Tips & Resources
North Idaho Edition

Available On Our Website Only!
If you or someone you know is caring for an Alzheimer's/dementia loved one at home, this booklet can be invaluable. 110 tips to help in preparing the home, caring for the loved one and more than 50 resources you can turn to for help through their journey.

To view or download a copy just visit www.retrirementpublishing.com > Idaho publications > Memory Care Tips.
HOME CARE

Aging Better In-Home Care 208-777-0308
1125 E. Polston Ave, Ste. A, Post Falls
aaingbetter.com

Access Care at Home, LLC 208-665-9473
Serving Kootenai, Boundary & Shoshone Counties
www.accesscareathome.com

FirstLight Home Care 208-758-8090
19

Home Instead 208-416-3266
50 N. Government Way CDA
www.homeinstead.com/764

Senior Helpers 1042 W. Mill Ave, CDA
208-664-2500
www.seniorhelpers.com/wa/north-idaho

See ad on page

HOME HEALTH AGENCIES

Aging Better In-Home Care 208-777-0308
1125 E. Polston Ave, Ste. A, Post Falls
www.agingbetter.com

Ability Home Health 208-930-1819
118 W. Neider Ave. Ste. B Coeur d'Alene
abilityinmyhome.com

Kindred at Home (formerly Gentiva) 208-667-5470
1230 Northwood Ctr Ct, Ste C Coeur d'Alene
kindredathome.com

North Idaho Home Health 208-667-7494
850 W Kathleen Ave. Coeur d'Alene
nhomehealth.com

Reliant Healthcare, Inc 208-665-3514
1103 E. Best Ave. Ste E
relianthealthcda.com

See ad on page

HOME DELIVERED MEALS

Area Agency on Aging (see our ad on page 21)
Coeur d'Alene 208-667-4628
Post Falls 208-773-9582
Rathdrum 208-687-2028
Spirit Lake 208-623-6125

HOME HEALTH

For more info see the grid listings on previous page. Most of these agencies cover all of Kootenai County and many, all of North Idaho

HOSPICE

Auburn Crest Hospice 208-665-8111
Hospice of North Idaho 208-772-7994
Kindred Hospice 208-765-3452

HOT LINES

Adult Protection 800-786-5536
Domestic Violence 208-664-9303
Fraud Hotline 800-632-5858
Kootenai County Crisis 208-664-1443
Mental Illness Hotline 800-572-9940
Substance Abuse and Intervention 208-664-3500

HOSPITALS

Kootenai Health 2003 Lincoln Way CDA 208-625-4000
North Idaho Advanced Care 600 N Cecil Rd. Post Falls 208-262-2800

See our Grid Listings of Independent Living Communities on Page 28
Blue Cross of Idaho (see our ad on this page)
1812 N. Lakewood Dr Ste 200, CDA 986-224-5397
www.bcidualo.com

Legal

Coyle & Wytychak Elder Law
Katherine Monnie Coyle 514 E. Garden, CDA 208-765-3595
(see our ad on page 3)

Crandell Law Group
8596 Wayne Dr Hayden 208-772-7111
(see our ad on page 15)

Legal Aid Services
208-667-9599
610 W. Hubbard St. Ste. 219 CDA

Kootenai Law
208-765-6555

Blue Cross of Idaho Care Plus, Inc. depends on contract renewal. Every year, Medicare evaluates plans based on a 5-star rating system. H1350_009_MK20457_M

D-SNP health plan with Medicare and Idaho Medicaid contracts. Enrollment in you deserve
Live the life you deserve with a $0 premium plan

Discover why Idahoans choose the True Blue Special Needs Plan (HMO D-SNP) for their Medicare and Medicaid coverage.

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Kootenai County Senior April - June 2020

Libraries

Athol Library 208-683-2979
3099 N. 3rd, Athol
Coeur d’Alene Public Library 208-769-2345
702 E. Front St. CDA
Hayden Library 208-772-5612
3695 N. Government Way, Hayden
Post Falls Public Library 208-773-1507
821 N. Spokane St., Post Falls
Rathdrum Public Library 208-687-6879
16780 SR 41, Rathdrum
Spirit Lake Library 208-623-5353
3257 N. 5th Ave Spirit Lake

Long Term Care Ombudsman

Area Agency on Aging 208-667-3179
(see our ad on page 23)

Meals

Spirit Lake Senior Center 208-623-6125
32564 N. 4th Ave., Monday & Wednesday 5:30 pm
60+ $4.50 donation

Meals on wheels

See Home Delivered Meals

Medical Durable Goods

Inland Empire Care Development 208-763-3626
2100 E. Sherman CDA
Lifecare Solutions 208-665-7659
1801 N Government Way CDA
Preferred Medical Equipment 208-772-5943
2941 N. 4th Way CDA
Soper’s Mobility 208-772-6474
7392 N. Government Way

Monuments

Coeur d’Alene Public Library 208-664-3719

Medical Social Worker

Susan Coulter LCSW 208-666-0357

Medicare/Medicaid Insurance

Blue Cross of Idaho (see our ad on this page)
1812 N. Lakewood Dr Ste 200, CDA 986-224-5397
www.bcidualo.com

Medicare

Heritage Health 208-620-5250
4 locations to serve you
(see our ad on page 17)

Mobility

American Seating & Mobility 208-773-8448
1640 E. Schneidmiller Ave Post Falls
Mobility Concepts 208-762-3632
235 W. Dalton CDA
Soper’s Mobility 208-772-6474
7392 N. Government Way CDA

Oxygen

Lincare 208-765-3422
3909 N Schreiber Way, CDA

Pharmacies

Albertson’s Sav-On Pharmacy 208-772-7864
161 Prairie Ave. Shop. Cnr. Hayden
Interlake Pharmacy 208-664-6664
700 Ironwood Dr. CDA
Medicine Man Pharmacy 208-666-2502
1114 Ironwood Dr CDA
15837 N. Westwood Dr. Rathdrum 208-687-5177
8995 N. Cornerstone Dr Hayden 208-762-9355
305 W. Kathleen CDA 208-765-2208
Medicine Man Pharmacy (cont.) 208-772-3311
248 W. Hayden Ave Hayden
802 E. Medical Ctr. Post Falls 208-773-5366
805 E. Polston Post Falls 208-777-7732
Rathdrum Drug 208-687-0751
16376 N Hwy 41
Safeway Pharmacy 208-667-3860
1001 N. 4th CDA
101 W. Neider Ave. CDA 208-765-4140
Walgreen Drug Store 208-762-0195
260 W. Honeywulcec Hayden
535 W. Appleway Ave. CDA 208-765-1153
706 E. Selcte Way Post Falls
Well Life Pharmacy 208-777-4214
550 W Honeywulcec Hayden
5090 Mullan Post Falls
6405 W. Pointe Hwy Post Falls
Walmart Pharmacy 208-209-4801
550 W. Honeywulcec Hayden
1501 E. Seltce Way Post Falls
White Cross Pharmacy 208-773-2499
2100 E. Sherman CDA
Walmart 208-762-1502
5090 Mullan Post Falls
Safeway Pharmacy 208-762-1502
5090 Mullan Post Falls

Placement Services

Compassionate Care Referral 208-660-9982
(see our ad on page 26)
1501 E. Seltce Way Post Falls

Prosthetics

Adapt Prosthetics & Orthotics, LLC 208-765-0957
2201 Ironwood Pl., Ste A CDA

Quilting

Auntie Linda’s Quilt Shop 208-683-8948
8948 E. Scout Trail Athol
Bear Paw Quilting and Berina 208-664-1554
600 W. Kathleen Ave #10
The Country Porch 208-664-9182
3915 N Schreiber Way CDA

Real Estate

Laura Carbonaro
208-819-2930

Idaho Publications

Helping you find solutions to issues facing aging adults!

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2120 N. Lakewood Dr, Ste B • Coeur d’Alene, ID 83814
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www.aaani.org

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Medicare Fraud Education
Community Support Services
In-Home Support Services
Medicare Options Counseling

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Senior Advocates
Silver Angels for the Elderly  208-906-0040

Senior Care Consultants

Compassionate Care Referral
Tamara Jacobson  208-660-9982
(see our ad below & on page 26)

No Fees. No Pressure.
Your only locally owned Referral Service
A personal approach to evaluating senior care choices to fit your needs and budget.
Tamara Jacobson  Senior Care Consultant  208-660-9982
CompassionateCareReferral.com

Senior Centers
Hayden Senior Center
9428 N. Government Way  208-762-7052
Jewett House
1501 E. Lakeshore Dr. CDA  208-661-4251
Lake City Center
1916 N. Lakewood Dr. CDA  208-667-4628
Post Falls Senior Center
1215 E. 3rd Ave.  208-773-9582
Rathdrum Senior Center
8037 Montana St.  208-687-2028
Spirit Lake Community Senior Center
32564 N. 4th Ave.  208-623-6125

Senior Companions
Panhandle Health  208-415-5177
Senior Companion Program

Support Groups

Please call before attending any group to be sure times and days are still applicable.

Alzheimer's
Early stage support group and social engagement program.
Call for more information  208-666-2996
St. George's Parish Hall
2004 N. Lucas St. Post Falls
Meets 1st Wednesday of every month  415-0366
Kootenai Health
Meets the 3rd Saturday of each month  1:30 pm
208-772-2542

Cancer
American Cancer Society - Look Good - Feel Better Kootenai Health
Meets the 2nd Monday of each month  208-691-4169
Cancer Support Kootenai Health
Meets every Wednesday, 1 pm  208-625-4711
Women's Cancer Wellness Support Kootenai Health
Meets every Monday, 12 pm  208-625-4938

Caregiving
Hospice of North Idaho
Meets the 3rd Wednesday of each month  1 pm  208-772-7992

Diabetes
Type II Diabetes Support Group Kootenai Health
Meets the 2nd Wednesday of each month  6 pm  208-625-5500

Heart
Mended Hearts Kootenai Health
Meets the 3rd Thursday of each month  3:30 pm  208-6254690
M.S. Support Group Lake City Center
Meets the 3rd Tuesday of each month  2 pm  208-667-4628

Ostomy
CDA Ostomy Assoc. Kootenai Health
Meets the 3rd Thursday of each month  6-30 pm  208-719-0776

Pulmonary
Pulmonary Support Group Kootenai Health
Meets the 2nd Tuesday of each month  12 noon  208-625-4691

Parkinson's
Parkinson's Support Group Lake City Center
Meets 1st Friday of each month  1 pm  208-635-5243

Taxi / Airport Service
Coeur d'Alene Taxi  208-666-5466
Parless Airport Shuttle  208-762-7435
Sunset Taxi  208-664-8000
Taxi by Hall Airport Express  208-664-2424

Transportation = Medical
Northwest Medical Transport  208-885-5671

Transportation = Public
CityLink  877-941-7433

Veterans
Veterans Service Office
120 E. Railroad Ave. Post Falls  208-446-1090x1092

Vision
Ironwood Vision Center
1214 N. Merritt Creek Loop CDA  208-667-2582
Kootenai Vision Center
1801 N 3rd CDA  208-667-1591

Lakeside Eye Clinic
15630 Highway 41, Rathdrum  208-687-0370
Lakeside Eye Clinic
312 N. 4th St. CDA  208-676-1422

North Idaho Eye Institute
1814 Lincoln Way, CDA  208-667-2531
Post Falls Eye Clinic
1110 E. Polston Ave., Post Falls  208-773-1180

Shopko Optical
212 W. Ironwood Dr.  208-765-8078
Vision Source
850 W. Ironwood Dr. Ste. 104 CDA  208-765-2020

Wills / Probate

Coyle & Wytychak Elder Law
Katherine Monroe Coyle
314 E. Garden, CDA  208-765-5595
(see our ad on page 3)

Crandall Law Group
89590 Wayne Dr. Hayden  208-772-7111
(see our ad on page 15)

Wild Bird Supplies

Wild Birds Unlimited
296 W. Sunset Ave., Ste 22  208-765-8787

At Bestland, we treat our residents like family, people truly feel the difference when they walk through our doors.

Your needs and comfort come first. We take care of the details so you can live the life you want at Coeur d'Alene’s most affordable retirement community. Call today for a tour!
### Coeur d’Alene

<table>
<thead>
<tr>
<th>Assisted Living Facility</th>
<th>Address</th>
<th>Phone Number</th>
<th>Capacity</th>
<th>Kitchenette</th>
<th>Pets Welcome</th>
<th>Transportation</th>
<th>Smoking Allowed</th>
<th>Alzheimer’s Care*</th>
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</thead>
<tbody>
<tr>
<td>Bristol Heights Assisted Living</td>
<td>824 N. 23rd St.</td>
<td>208-661-6862</td>
<td>32</td>
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<tr>
<td>Country Comfort Residential Care</td>
<td>824 N. 23rd St.</td>
<td>208-664-2272</td>
<td>9</td>
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<tr>
<td>Legends Park</td>
<td>1920 North Legends Parkway</td>
<td>208-666-9900</td>
<td>2</td>
<td>44</td>
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<tr>
<td>Orchard Ridge Senior Living</td>
<td>624 W. Harrison Ave</td>
<td>208-664-8119</td>
<td>16</td>
<td>69</td>
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<td>Pacifica Senior Living</td>
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<tr>
<td>Renaissance of Coeur d’Alene</td>
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<tr>
<td>The Courtyard</td>
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<tr>
<td>The Lodge at Fairway Forest I</td>
<td>3999 N. Player Dr.</td>
<td>208-645-3403</td>
<td>27</td>
<td>16</td>
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<tr>
<td>The Lodge at Fairway Forest II</td>
<td>3991 N. Player Dr.</td>
<td>208-645-3403</td>
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### Hayden

<table>
<thead>
<tr>
<th>Assisted Living Facility</th>
<th>Address</th>
<th>Phone Number</th>
<th>Capacity</th>
<th>Kitchenette</th>
<th>Pets Welcome</th>
<th>Transportation</th>
<th>Smoking Allowed</th>
<th>Alzheimer’s Care*</th>
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<tbody>
<tr>
<td>Hayden Country Guest Home</td>
<td></td>
<td>208-762-3890</td>
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<tr>
<td>Maple Wood Assisted Living</td>
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<td>208-762-9292</td>
<td>16</td>
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### Post Falls

<table>
<thead>
<tr>
<th>Assisted Living Facility</th>
<th>Address</th>
<th>Phone Number</th>
<th>Capacity</th>
<th>Kitchenette</th>
<th>Pets Welcome</th>
<th>Transportation</th>
<th>Smoking Allowed</th>
<th>Alzheimer’s Care*</th>
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<tbody>
<tr>
<td>Guardian Angel Homes</td>
<td></td>
<td>208-777-7797</td>
<td>126</td>
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<tr>
<td>Living Springs</td>
<td></td>
<td>208-773-6145</td>
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<tr>
<td>The Bridge at Post Falls</td>
<td>515 N. Garden Plaza Court</td>
<td>208-773-3701</td>
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### Post Falls (cont.)

<table>
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<tr>
<th>Assisted Living Facility</th>
<th>Address</th>
<th>Phone Number</th>
<th>Capacity</th>
<th>Kitchenette</th>
<th>Pets Welcome</th>
<th>Transportation</th>
<th>Smoking Allowed</th>
<th>Alzheimer’s Care*</th>
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</thead>
<tbody>
<tr>
<td>The Lodge at Riverside Harbor</td>
<td>52 N. Cedar</td>
<td>208-457-3403</td>
<td>27</td>
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<tr>
<td>The Lodge at Riverside Harbor</td>
<td>58 N. Cedar</td>
<td>208-457-3403</td>
<td>27</td>
<td>16</td>
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### Spirit Lake

<table>
<thead>
<tr>
<th>Assisted Living Facility</th>
<th>Address</th>
<th>Phone Number</th>
<th>Capacity</th>
<th>Kitchenette</th>
<th>Pets Welcome</th>
<th>Transportation</th>
<th>Smoking Allowed</th>
<th>Alzheimer’s Care*</th>
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</thead>
<tbody>
<tr>
<td>Aspen Springs Pioneer Home</td>
<td></td>
<td>208-263-2314</td>
<td>16</td>
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<tr>
<td>Rose Terrace Country Homes</td>
<td></td>
<td>208-623-6154</td>
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</tr>
</tbody>
</table>

**Notes:**
- “Transportation” can mean anything from shopping to just transportation to Dr.’s appointments. Be sure and ask.
- Most “Studies” mean just a room, private or shared with common areas for all. Be sure and ask.
- All “Smoking” is outside mostly in designated areas.
- “Alzheimer’s Care” can mean everything from early stages only to secured surroundings.

---

**Assisted Living**

Assisted living was designed to give the independence of a private apartment while supplying the varying degrees of help with the activities of daily living (ADL’s). These residential settings maximize independence, but do not provide the intensive level of skilled nursing care found in nursing homes.

Generally, those with one to two beds are called Certified Family Homes. Four to twelve beds are considered Residential Care Facilities. Larger Assisted Living Facilities may have from fifteen to hundreds of beds.

All assisted living facilities, regardless of size, are licensed by the state of Idaho. The state combines residential care facilities with larger assisted living facilities (Residential/Assisted Living Facilities or RALF) for licensing purposes.
Independent Living

*indicates subsidized housing. Call for more information.

### Coeur d'Alene

<table>
<thead>
<tr>
<th>Independent Living Community</th>
<th>Location</th>
<th>Bedrooms</th>
<th>Amenities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bestland Retirement Community</td>
<td>606 Best Ave.</td>
<td>24</td>
<td>Housekeeping, Planned Activities, Transportation Available, Pets Welcome, Studio's, One Bedrooms, Two Bedrooms, Covered Parking, Near Medical, Meals</td>
</tr>
<tr>
<td><a href="http://www.bestlandcda.com">www.bestlandcda.com</a></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Coeur d'Alene Senior Housing*</td>
<td>208-762-9809</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hearthland Senior Housing*</td>
<td>208-772-1501</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lakewood Ranch*</td>
<td>208-765-4111</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lincoln Way Terrace*</td>
<td>208-666-1502</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orchard Ridge Senior Living</td>
<td>624 W. Harrison</td>
<td>16</td>
<td>Housekeeping, Planned Activities, Transportation Available, Pets Welcome, Studio's, One Bedrooms, Covered Parking, Patio/Balcony, Near Medical, Meals</td>
</tr>
<tr>
<td><a href="http://www.theorchardcda.org">www.theorchardcda.org</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riverton Slver Senior*</td>
<td>208-660-5353</td>
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</table>

### Hayden

<table>
<thead>
<tr>
<th>Independent Living Community</th>
<th>Location</th>
<th>Amenities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prairie Run Apartments*</td>
<td>208-762-9809</td>
<td>Senior Community with Private Homes</td>
</tr>
<tr>
<td>Hayden Crossing*</td>
<td>208-772-2485</td>
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</tr>
<tr>
<td>Hayden Senior Housing*</td>
<td>208-772-2485</td>
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</tr>
<tr>
<td>Leisure Park</td>
<td>208-762-9809</td>
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</tr>
<tr>
<td>Sarah Street Apartments*</td>
<td>208-772-7762</td>
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### Post Falls

<table>
<thead>
<tr>
<th>Independent Living Community</th>
<th>Location</th>
<th>Amenities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garden Plaza of Post Falls</td>
<td>545 N. Garden Plaza Court</td>
<td>Senior Community with Private Homes</td>
</tr>
<tr>
<td><a href="http://www.gardencitizennpostfalls.com">www.gardencitizennpostfalls.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meadowood Glen Apartments*</td>
<td>208-457-8308</td>
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</tr>
<tr>
<td>Montrose Apartments*</td>
<td>208-457-1300</td>
<td></td>
</tr>
<tr>
<td>North Star Retirement</td>
<td>208-765-5505</td>
<td></td>
</tr>
<tr>
<td>Parkside Senior Apartments*</td>
<td>208-457-0901</td>
<td></td>
</tr>
<tr>
<td>Tullamore Senior*</td>
<td>208-773-6900</td>
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### Rathdrum

<table>
<thead>
<tr>
<th>Independent Living Community</th>
<th>Location</th>
<th>Amenities</th>
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</thead>
<tbody>
<tr>
<td>Golden Spike Estates</td>
<td>208-687-4472</td>
<td>Senior Community with Private Homes</td>
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</table>

### County Wide Subsidized

<table>
<thead>
<tr>
<th>Independent Living Community</th>
<th>Location</th>
<th>Amenities</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Vincent De Paul H.E.L.P. Center*</td>
<td>208-664-3995</td>
<td>Has many subsidized units throughout the county</td>
</tr>
</tbody>
</table>

**Independent Living**

This title can cover a multitude of options from buying a home in a senior designed community, apartments in 55 plus communities, subsidized apartments for seniors with age and income restrictions and communities offering meals and housekeeping. Idaho does not license this group.

**Home Sharing**

The options range from the senior sharing a home with children to seniors sharing their homes with other seniors. If you’re thinking of bringing in a roommate you must do a thorough check on that roommate.

**Skilled Nursing Facilities**

We are now offering specialized programs for persons with difficult to manage behavior including Alzheimer’s/dementia.

<table>
<thead>
<tr>
<th>Skilled Nursing Facility</th>
<th>Location</th>
<th>Amenities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Health Care</td>
<td>208-769-1400</td>
<td></td>
</tr>
<tr>
<td>Coeur d’Alene Health &amp; Rehabilitation Of Cascadia</td>
<td>2514 N. Seventh St.</td>
<td>Senior Community, Private Pay only, Medicare, Medicaid, Semi-Private Rooms, Private Rooms, Alzheimer’s Unit, Transitional Care, Respite Care, Long Term Care, Alzheimer’s Unit, Private Pay only, Medicare, Medicaid, Semi-Private Rooms, Private Rooms, Alzheimer’s Unit, Respite Care, Long Term Care</td>
</tr>
<tr>
<td>Coeur d’Alene Health &amp; Rehabilitation Of Cascadia</td>
<td>2514 N. Seventh St.</td>
<td>208-664-8128</td>
</tr>
<tr>
<td><a href="http://www.coeurdalenehealth.com">www.coeurdalenehealth.com</a></td>
<td></td>
<td>208-664-8128</td>
</tr>
<tr>
<td>Life Care Center of Coeur d’Alene</td>
<td>500 W. Aqua Ave.</td>
<td>208-762-1122</td>
</tr>
<tr>
<td><a href="http://www.kca.com">www.kca.com</a></td>
<td></td>
<td>208-762-1122</td>
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**Post Falls**

<table>
<thead>
<tr>
<th>Skilled Nursing Facility</th>
<th>Location</th>
<th>Amenities</th>
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</thead>
<tbody>
<tr>
<td>Life Care Center of Post Falls</td>
<td>460 Garden Plaza Court</td>
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</tr>
<tr>
<td><a href="http://www.kca.com">www.kca.com</a></td>
<td></td>
<td>208-777-0318</td>
</tr>
</tbody>
</table>

**Skilled Nursing Facilities**

These facilities offer the highest level of care with skilled nurses available 24 hours a day. All these facilities are licensed by the state of Idaho.
Assisted Living in North Idaho

This is a FREE comprehensive North Idaho publication designed to provide information and guidance for seniors and their families through the process of finding an assisted living home or community. We cover it all from the origins, available options, how to tell if it’s time, having that conversation, choosing a home or community, legal issues, making the transition easier, a comprehensive listing of the Assisted Living Communities in North Idaho and much more.

For Your FREE Copy ...

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