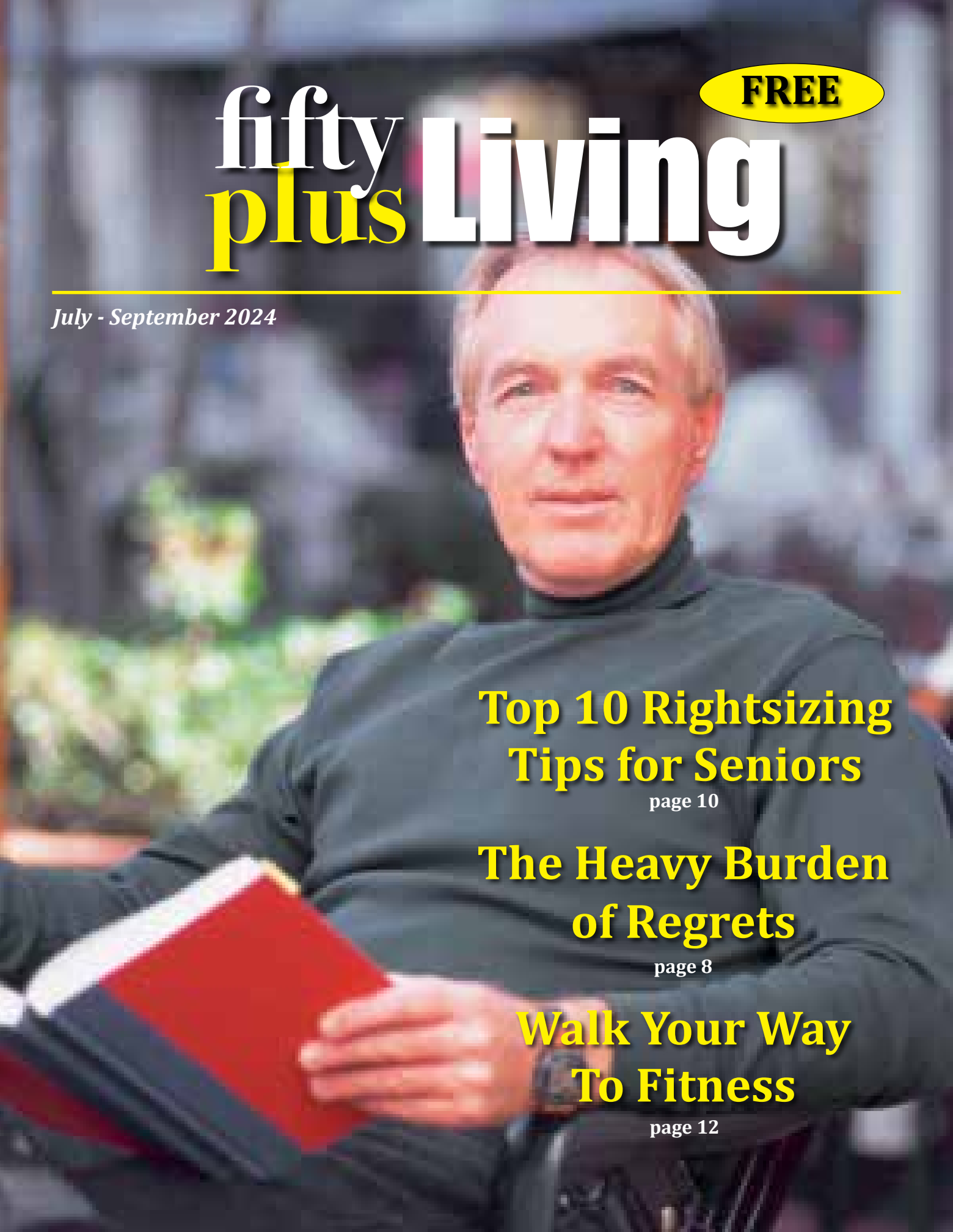

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July - September 2024

Top 10 Rightsizing Tips for Seniors

page 10

The Heavy Burden of Regrets

page 8

Walk Your Way To Fitness

page 12

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Sacajawea

There is probably no more glamorous character in Idaho history than Sacajawea. After all, she was the one who lead Lewis and Clark through our state and on to the Pacific Ocean. Right? Well, actually, no she didn't.

Rick Just

About the year 1800 a group of Shoshoni Indians were camped in what is now Montana. Their traditional enemies, the Blackfeet, attacked the Shoshoni, and carried away several children. Among them were three girls who were about 14-years-old.

The Shoshoni girls were traded away over the next few months. One eventually escaped and found her way back to her tribe. The other two ended up married to a Frenchman named Touissaint Charboneau.

When explorers Lewis and Clark came to the Mandan village where Charboneau and his wives lived, they hired the Frenchman and one of the women as interpreters. The Shoshoni woman was called Sacajawea.

Popular lore has it that Sacajawea guided Lewis and Clark on much of their expedition. In Fact, she almost never served as a guide. The reason is obvious. She was just a young girl when stolen from her Idaho tribe, and she hadn't done much traveling. The group was guided by an old Shoshoni man called Tobe.

Sacajawea's role was critical, though. Her skills as an interpreter were often used, and her mere presence frequently saved the expedition. Indians who encountered the strange white men might have assumed they were hostile. But having an Indian woman and child with the party showed they meant no harm. Women, you see, never traveled with war parties.

From *Idaho Snapshots* by Rick Just. Ricks books are available on Amazon or at rickjust.com .

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Money, Lies, Drapes and Nazis

Sy Rozen

As I've gotten older, I've changed my attitude towards money – okay I've become cheaper. However, I'm a spendthrift compared to my 89-year-old Aunt Emma. I don't know if you have a relative like this, but Aunt Emma actually believes things now cost what they did in 1950. For example, a few weeks ago I was taking her to the movies. She insisted on treating as she handed the cashier a dollar bill and waited for change.

When Aunt Emma wasn't looking, I slipped the cashier the rest of the money. I didn't have the heart to tell Emma that these days you have to take out a bank loan to go to the movies.

As Aunt Emma got older her eyesight worsened and this once tireless cleaner (you could see your reflection in her carpet) now couldn't spot all the dust in her apartment. Her drapes were getting very dirty and I told her I could get them dry-cleaned. She insisted on paying for it. I knew it would cost about $90 but lied and said there was a special for $10. She thought the price was a little high but allowed me to take them to the cleaners.

I was very proud of myself when I returned to her apartment about a week later with the drapes. However, waiting for me in the lobby was my Aunt Emma and seven of her friends. All of her friends were holding drapes. Aunt Emma had told them about the $10 special and they wanted in!

The cheapness part of my brain immediately panicked. My good deed could cost me an additional $560. I had no choice. I had to lie again.

"I'm sorry," I said, "but the dry cleaners burned down." It was a pretty good lie except for the fact that I was holding Emma's drapes in my arms.

"How'd did you get the drapes out?" asked Carl, a retired accountant who suddenly took on the tone of a federal prosecutor.

"Oh," I said, "I uh, I got the drapes a couple

of days ago and have been keeping them at my house."

Carl then sniffed Aunt Emma's drapes. "They smell smoky," he said. The others sniffed and agreed.

I explained they couldn't smell smoky because the fire didn't start until today and I already had the drapes.

Carl retorted, "It was probably a slow burning fire and started days ago." He then turned to Aunt Emma and said, "You should sue."

"She, she, can't sue," I stammered.

"Why not?" pressed Carl. I felt like he was shining a bright light in my face.

"Because, because, the dry cleaners set the fire for the insurance and skipped the country. The police found a partially burnt ticket stub to Bolivia."

"Bolivia?! That's where a lot of old Nazis are hiding," Carl quickly said.

"That's right," I agreed. "They think the dry cleaners are hiding out with the Nazis." Whenever you're telling an outrageous lie it's good to include Nazis.

They all nodded and took their drapes back to their apartments. The crisis was over. Except I noticed that Emma was looking at me very oddly.

During my next weekly visit, she confronted me... "That Nazi story wasn't true, was it? Everybody knows the Nazis are in Panama."

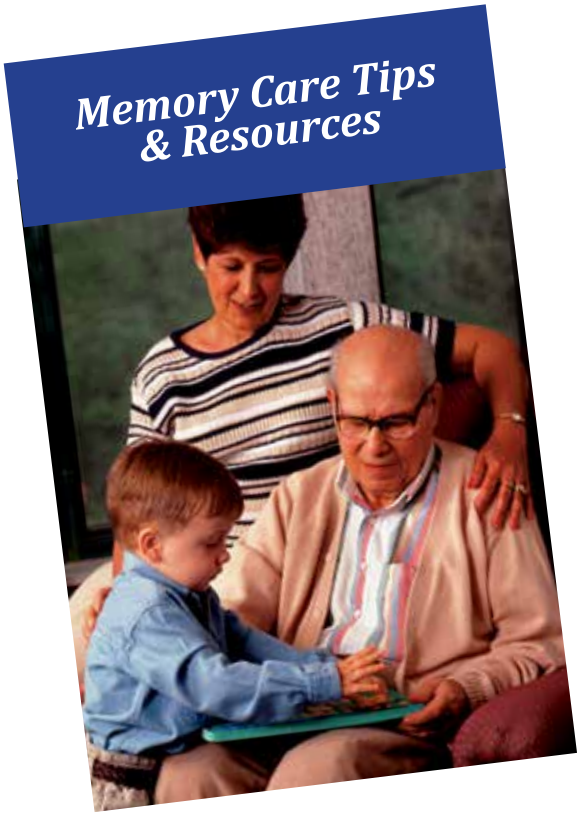
I was cornered and had to explain, "I, uh, was undercharging you for the drapes. I thought you might feel bad if I told you."

"How much did it really cost?" she asked.

"$12," I replied, lying one last time.

She stared at me for a minute and then said, "You're a good boy. You got cheated but you're a good boy. Now let's go to lunch."

She then happily put 50 cents in her purse as she said, "And it's my treat."



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The Heavy Burden of Regrets

Regret, the bittersweet pang of wishing we could rewrite history, is a universal human experience. We've all felt it—the gnawing "what if" or "if only" that serves as a reminder of opportunities taken for granted, words unsaid, or paths not taken. But what if regrets no longer had a hold on us?

by Patricia K. Flanigan

Regret is an intricate emotion interwoven with the narrative of our lives. It is a paradoxical feeling that, while causing us distress, also highlights our capacity for self-reflection and learning. It's the echo of our past mistakes that can dictate our present actions and future decisions—often to our detriment.

Our relationship with regret is often a complex dance between what we couldn't control, the choices we make, and the person we aspire to become. But dwelling in the shadows of regret can be a wasteful enterprise, robbing us of the joy of the present moment and paralyzing our ability to move forward with confidence.

Redirecting Our Narrative

We can't change the past, but we hold the power to transform our response to it. The following strategies provide a roadmap to circumvent the common pitfalls of regret and carve out a more fulfilling life.

1. Live Aligned with Your Values

Regret often stems from choices that conflict with our core values. When we make decisions that stray from what we hold dear, the dissonance can be acutely felt in the form of regret. To live a life without overwhelming regret, clarify your values and make choices that align with them. This creates a sense of internal harmony and diminishes the chances of regret.

2. Practice Mindfulness

Being present is a natural antidote to regret. Integrating mindfulness into your daily routine helps you focus on the "now" rather than the "what ifs" of the past. Mindfulness meditation, breathing exercises, or simply training your mind to notice and appreciate the small details of your day can dramatically reduce the intensity of regretful thoughts.

3. Foster Resilience

Resilience is the ability to bounce back from adversity. By developing a resilient mindset, we can reframe our experiences in a more positive light, learning from them rather than being weighed down. It's about cultivating the strength to view setbacks not as failures, but as steppingstones toward growth.

4. Make Educated Decisions

Decisions that are informed and well-considered are less likely to lead to regret. Do your due diligence, weigh pros and cons, and seek advice when necessary. Ensure that you have the information you need to make decisions you can be at peace with, even if the outcomes are not as you hoped.

5. Engage in Reflective Practices

Regular reflection is a powerful tool to turn regrets into lessons learned. Whether through journaling, personal coaching, or self-assessment exercises, reflective practices help bring insights to the surface, allowing us to process our experiences and move forward with wisdom.

6. Nourish Supportive Relationships

Strong, supportive relationships can mitigate the sting of regret. Discussing your feelings with trusted friends or family can often provide a fresh perspective, reassurance, or the support needed to overcome regret. Nurturing these connections can also lead to a more enriching, regret-free life.

7. Take Risks and Be Bold

Regret often arises from a fear of taking risks and of not exploiting our full potential. By boldly pursuing our goals and pushing our boundaries, we not only learn and grow but also reduce the likelihood of regret by knowing that we didn't shy away from opportunity.

8. Set Realistic Expectations

Unrealistic expectations can set us up for disappointment and regret. By setting achievable goals and accepting our limitations, we can reduce the pressure on ourselves to live a faultless life. Lowering the stakes can lead to a more forgiving and contented approach to life.

Living a Life Unraveled from Regret

Regrets can imprison us in the past, tethering us to lives of dissatisfaction and stunted growth. By addressing our regrets head-on and implementing these strategic approaches, we can liberate ourselves from the chains of "what could have been" and open the door to a future built on resilience, wisdom, and the courage to try again, with no room for regrets.

Patricia K. Flanigan is a vibrant and passionate advocate for quality living and aging. She has dedicated over 28 years to working in higher education, but now enjoys a more peaceful lifestyle as the founding director and writer of Smart Strategies for Successful Living. In her free-time, she cherishes spending quality time with her family and friends.

Top 10 Rightsizing Tips for Seniors

1. Start with the easy stuff.
Eliminate anything that's broken, damaged, or no longer wanted. Then, go to the out-of-the-way spaces like attics, crawlspaces, and garages. Progress in these "easier" parts of your home will help you build momentum and tackle the harder-to-decide areas.

2. Ask yourself, "If this disappeared tomorrow, would I run out and replace it?"
If you wouldn't miss it or need to replace it, it's probably not worth keeping.

3. Don't be a storage unit for others.
If friends or relatives have left things for you to store, it's time to ask them to pick up their possessions—or arrange to have them shipped. You may need to be tough and set a firm deadline, after which you will donate the items.

4. Ask for help.
Although you can do much of this work on your own, a family member, a good friend, or even a professional organizer can help make the job more manageable.

5. Decide what's important.
Pretend you are moving overseas, but you can only take a severely limited number of items because it costs a small fortune to ship them. What items belong on your list? These are the things that matter most to you!

6. Is this something from a lifestyle I no longer have or want?
For example, if you have three cabinets full of plastic containers, but only cook for one or two people, it's reasonable to eliminate a few plastic sets—and dishes, pots, and pans.

7. Schedule a regular time each week—or several days a week—to work on rightsizing.
Realize that rightsizing is a life-changing marathon, not a sprint. You didn't accumulate everything overnight, and you won't sort it all out overnight, either.

8. Value what you keep.
The fewer things you keep, the more you will treasure and enjoy what you have, instead of tucking items away in a closet or stacked among dozens of other things. These are the select, meaningful items worth having in your personal space.

9. Prevent new collections from forming.
Instead of material gifts, ask people to spoil you by sharing time, enjoying new experiences, and helping you indulge in luxuries (spa certificates, imported chocolate, a musical or other theatre production, gift certificates for dinner out, etc.). In other words, ask for special treats that you love and want, but don't always buy for yourself.

10. Use age to your advantage.
Now is a great time to give items to family members that you eventually want them to have. Take a photo (preferably a digital one) of your recipients holding their treasured gifts and create a scrapbook of "next-generation" memories. These images can serve as powerful reminders of your most cherished items moving forward into posterity.

Article provided by Sharon D. Hallinan an SRES realtor with Best Choice Realty, Coeur d'Alene.
See her ad on next page.

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Walk Your Way to Fitness

By Mary Ann Reuter

"The main reason people give for not starting a walking program is they don't have enough time,"...

The path to walking for fitness is becoming well traveled. Men and women of all ages are discovering the easy benefits of walking for physical health and stress relief. Just walking out the door provides a "no-excuses" workout because you don't need expensive equipment or a health club membership to get started.

Walking allows you to escape stress, enjoy nature, lose weight, boost your energy, lower your blood pressure, raise your HDL (good) cholesterol and reduce your risk of diabetes and osteoporosis. Best of all, you can do it anytime, anyplace.

Walking is an excellent form of aerobic exercise because it improves the body's ability to use oxygen and helps strengthen the heart. A healthy heart lessens the risk of heart disease and high blood pressure. And because walking is a weight bearing exercise, it also strengthens bones, decreasing the risk of osteoporosis.

Walking is also an effective fat buster. A brisk 45-minute walk just four times a week for a year can result in an 18-pound weight loss, without dieting! The faster you walk, the more calories you burn. A 140-pound woman burns about four calories a minute walking a mile in 20 minutes (3 mph). The calories jump to 5.2 per minute for a 15-minute mile (4 mph) or 7.7 per minute (5 mph) for a 12 minute mile.

"The main reason people give for not starting a walking program is they don't have enough time," says Mark Fenton, co-author of The 90-Day Fitness Walking Program (Perigee, 1995). "You hear, "I've got to pick up the kids. I've got to make lunches. I've got to get to work. I've got to work through lunch."

Fenton, a five-time member of the U.S. National Racewalking Team, a former research engineer at Reebok, and an editor-at-large at Walking magazine, recommends

fifty plus Living

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you start walking for 10 minutes a day for the first three weeks. Within three months, you can be walking briskly for 30 minutes a day, six days a week. If you can't squeeze in a 30-minute walk, take three 10-minute walks.

He also recommends investing in a good pair of walking shoes. They should have good arch support, fairly low but well-cushioned heels, and good flexibility at the ball of the foot. "Try on shoes in the afternoon, when your feet are largest, with the type of socks you'll wear while walking," he says in his book.

"Choose shoes that don't slip at the heel, and leave a thumbnail's width between your big toe an the shoe's tip." Silk socks worn inside cotton-blended socks will wisp away blister-causing dampness, Fenton and other veteran walkers say. Some additional tips from the pros to get you walking the right way:

Pay Attention to Posture: Stand up straight, but stay relaxed. Let your arms swing naturally, with your chin parallel to the ground. Move forward with a sense of purpose instead of sauntering.

Pick up the Pace: As your speed increases, bend your elbows to a 90-degree angle so your forearms are parallel to the ground. Keep your arms close to your body and pump as you walk, without clenching your fists.

Practice Walking Correctly: You should land heel, ball, toe. Roll from the heel to the ball of your foot, and then push off the forefoot. Be careful not to hyperextend or lock the knees.

Drink Plenty of Water: Fitness experts suggest 8 ounces of water an hour before you start walking, then another 4 to 5 ounces just before you start. Weigh yourself before and after walking to determine how much fluid to replace. For every pound lost, drink 16 ounces of water.

Warm Up and Cool Down: Start walking at a comfortable pace for five minutes to warm up and then cool down at the end of your session by walking easily for another five. For fitness benefits, exert yourself at a level six on a scale of 0 to 10.

Now go out and do it. No more excuses.

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For more info see the grid listings on page 30

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See our Grid Listings of Independent Living Communities on page 23

In-Home Help

See Home Care page 18 and Home Care Grid page 25

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Legal

Coyle & Eyeman Elder Law
314 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 back cover)

Legal Aid Services 208-746-7541
610 W. Hubbard St. Ste. 219 CDA

Libraries

Athol Library
30399 N. 3rd, Athol 208-683-2979

Coeur d'Alene Public Library
702 E. Front St. CDA 208-769-2315
6101 N. Ramsey Rd.
(in Lake City High School) 208-763-0814

Hayden Library
8385 N. Government Way, Hayden 208-772-5612

Post Falls Public Library
821 N. Spokane St., Post Falls 208-773-1507

Rathdrum Public Library
16780 SR 41, Rathdrum 208-687-6879

Spirit Lake Library
32575 N. 5th Ave Spirit Lake 208-623-5353

Long Term Care Ombudsman

Area Agency on Aging 208-667-3179

Meals

Also see Home Delivered Meals

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

Meals on wheels

See Home Delivered Meals

Medical Durable Goods

Bellevue Health Care 208-676-1768
Soper's Mobility 208-772-6474
Preferred Medical Equipment 208-772-5933
Cedar Mountain Respiratory, Inc. 208-762-4480

Medical In-Home

One Site for Seniors 208-967-4771
(see our ad on page 3)

Medical Message

David Crettol 208-659-6459

Medicare

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

Mobility

Mobility Concepts 208-762-3632
Soper's Mobility 208-772-6474
Revived Mobility 208-981-0132

Oxygen

Lincare 208-765-3422
Oxarc 208-765-3311
Preferred Medical 208-667-1195
Cedar Mountain Respiratory, Inc. 208-762-4480

Palliative Care

Hospice of North Idaho 208-772-6474
2290 Prarie Ave. CDA
(see our ad on page 2)

Pharmacies

Albrtson's Sav-On Pharmacy
161 Prairie Ave. Shop. Cntr Hayden 208-772-7864

Kootenai Health Pharmacy
700 Ironwood Dr. CDA 208-664-6664

Medicine Man Pharmacy
1114 Ironwood Dr CDA 208-666-2502
15837 N. Westwood Dr. Rathdrum 208-687-5717
8093 N. Cornerstone Dr Hayden 208-762-9355
305 W. Kathleen CDA 208-765-2268
248 W. Hayden Ave Hayden 208-772-3311
802 E. Medical Ct Post Falls 208-773-3566
805 E. Polston Post Falls 208-777-7732

Rathdrum Drug
16376 N Hwy 41 208- 687-0731

Safeway Pharmacy
1001 N. 4th CDA 208-667-3860
101 W. Neider Ave. CDA 208-765-4410

Walgreen Drug Store
260 W. Honeysuckle Hayden 208-762-0195
335 W. Appleway Ave. CDA 208-765-1153

(pharmacies continued)

Walmart Pharmacy
550 W. Honeysuckle Ave Hayden 208-209-4801
3050 Mullan Ave Post Falls 208-772-1502
6405 W. Pointe Hwy Post Falls 208-777-4214

Well Life Pharmacy
656 N. Vest St, Post Falls 208-773-2499

White Cross Pharmacy
Spirit Lake 208-623-8485

Yoke's Pharmacy
1501 E. Seltice Way Post Falls 208-773-3383

Placement Services

Compassionate Care Referral
Tamara Jacobson 208-660-9982
(see our ad on this page & 25)

Oasis Senior Advisors
Beth Gwin 208-659-0729
(see our ad on this page)

Primary Care Providers

MezaCare 208-819-2183

Real Estate Agents

Sharon D. Hallinan, REALTOR® 208-449-9462
Best Choice Realty
SRES, CASAN, PSA, RSPS
Hallinanhometeam@outlook .com
(see add on page 11)

Will & Laura Stafford - Coldwell Banker 208-262-6000
Darlene Kacalek - Treaty Rock Realty 208-773-2524

Referral Service

Compassionate Care Referral
Tamara Jacobson 208-660-9982
(see our ads on this page & 25)

Oasis Senior Advisors
Beth Gwin 208-659-0729
(see our ad top of next column)

Reverse Mortgages

Fairway Mortgage 208-618-5071

Senior Advocates

Silver Angels for the Elderly 208-906-0040

Senior Care

North Idaho Senior Companions
Panhandle Health 208-415-5177
www.seniorcompanions.org
(see our ad on page 5)

oasis SENIOR ADVISORS
We Make finding Senior Living Simple
Inland Northwest

Beth Gwinn
Owner, Certified Senior Advisor®
208-659-0729
A FREE Service for Seniors and Their Families
OasisSeniorAdvisors.com/Inland-Northwest

Senior Care Consultants

Compassionate Care Referral
Tamara Jacobson 208-660-9982
(see our ad below & on page 25)

Compassionate Care Referral Services
No Fees. No Pressure
Locally owned Referral Service since 2008
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
1250 W. Lancaster Rd. 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

Worley Senior Center
9636 W. "E" St. 208-686-1258

Senior Communities

These are privately owned homes in senior communities sharing many amenities

Heatherstone 1185 W. Honeysuckle	Hayden	208-762-4083
Leisure Park 1480 Leisure Dr.	Hayden	800-851-8527
Golden Spike Estates W. 8580 Yosemite	Rathdrum	208-687-4472

Senior Companions

North Idaho Senior Companions
Panhandle Health 208-415-5177
www.seniorcompanions.org
(see our ad on page 5)

Senior Services

North Idaho Senior Companions
Panhandle Health 208-415-5177
www.seniorcompanions.org
(see our ad on page 5)

Skilled Nursing Facilities

See Skilled Nursing Grid Listings on page 27

Suicide Prevention

800-273-TALK (8255)
208-398-HELP (4357)

Taxi / Airport Service

Coeur d'Alene Taxi	208-666-5466
Payless Airport Shuttle	208-762-7433
Sunset Taxi	208-664-8000
Taxi by Hall Airport Express	208-664-2424

Transportation - Medical

Kootenai Health Tansportation Service	208-625-5030
Northwest Medical Transport	208-885-5671
Round Up Medical Transport	208-777-5209

Transportation - Public

CityLink	877-941-7433

Travel Clubs

Rambling Rovers Senior Travel Club	208-765-4554

Veterans

Idaho State Veterans Home
590 S. Pleasant View Dr. Post Falls 208-780-1600
Veterans Service Office
120 E. Railroad Ave. Post Falls 208-446-1090x1092

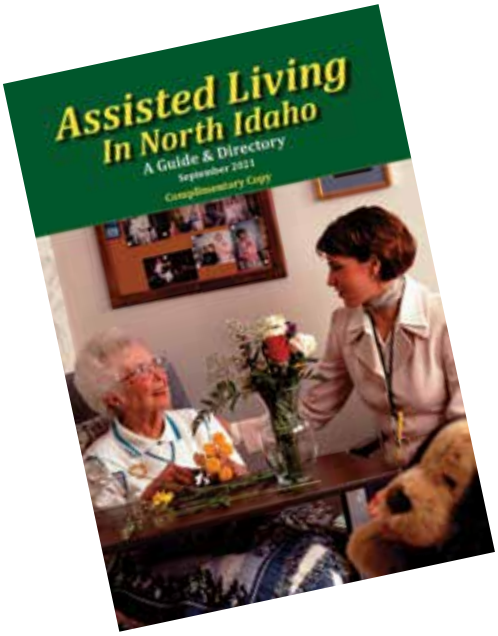
Vision

Ironwood Vision Center	208-667-2582
Kootenai Vision Center	208-667-1591
Lakeside Eye Clinic	208-676-1422
North Idaho Eye Institute	208-667-2531
Post Falls Eye Clinic	208-773-1180
Shopko Optical	208-765-8078
Vision Source	208-765-2020

Wills / Probate

Coyle & Eyeman Elder Law
314 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 back cover)



FREE

Showing a bit of age but still very relevent for those needing that extra help that can no longer be provided in the home.
A detailed look at the various offerings of assisted living communities and how they can help provide peace of mind and safety.

Email us for a free digital copy today!

retirepub@icloud.com

The Grids

Definitions

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.

We like to break assisted living into three sub groups to give a more precise picture of what is available. Generally, those with one to two beds are called Certified Family Homes (we do not list these here). 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.

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.

Groups like the Salvation Army, Whitewater Creek and Idaho Housing have hundreds of subsidized and market rate apartment but they also have long waiting lists of well over a year.

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.

Home Health - Home Care
What's the difference?

It's easy to see why there is a lot of confusion between the terms "Home Health", "Home Care" but there is a big difference between the services offered. Here is a bit of a break down to help.

Home Care

The key word here is NON-MEDICAL. Home care agencies provide in-home non-medical services such as help with meals, bathing, dressing, toileting, transportation, medication management and many other activities of daily living (also know as ADLs). This care can be provided on a continuing basis or as needed. Home care is not licensed by the state of Idaho but many home care agencies have gone through the process of being certified by the states Medicaid program and feel this process is the equivalent to state licensing.

Home Health

Home Health Agencies, in almost all cases, are carrying out the orders of a medical doctor. They are skilled professionals such as Registered Nurses, Licensed Practical Nurses, therapists, and social workers to mentions a few. The bulk of home health services are for those recuperating from accidents such as broken hip or a recent surgery. They also serve those with chronic conditions such as stroke victims. Idaho requires Home Health Agencies to be licensed by the state. The bulk (but not all) are also certified by Medicare and Medicaid programs.

Independent Living

*indicates subsidized housing. Call for more information.

		See ad on page	Meals	Near Medical	Patio/Balconey	Covered Parking	Income Qualified	Age Qualified	Transportation Avail.	Planned Activities	Housekeeping	Two Bedrooms	One Bedrooms	Studio's	Pets Welcome
Coeur d'Alene															
Bestland Retirement Commiunity 606 Best Ave. www.bestlandcda.com	208-665-1600	15	•	•	•	•		•	•	•	•	•	•	•	•
Affinity at Coeur d'Alene	208-667-1100														
Lakewood Ranch*	208-765-4111														
Lincoln Way Terrace*	208-666-1502														
Orchard Ridge Senior Living 624 W. Harrison www.theorchardcda.org	208-664-8119	16	•	•			•	•	•	•	•	•	•	•	•
Rivertone Silver Seniors*	208-660-5353														
North Star Retirement 2340 West Seltice Way www.stellarliving.com	208-765-5505	**2**	•	•	•	•			•	•	•	•	•	•	•
Hayden															
Prairie Run Apartments*	208-762-9809														
Leisure Park	208-762-9809	Senior Community with Private Homes													
Sarah Street Apartments*	208-772-77														
Post Falls															
Garden Plaza of Post Falls 545 N. Garden Plaza Court www.gardenplazapostfalls.com	208-773-3701		•	•	•	•	•	•	•	•	•	•	•	•	•
Meadowood Glen Apartments*	208-457-8308														
Parkside Senior Apartments*	208-457-0001														
Rathdrum															
Golden Spike Estates	208-687-4472	Senior Community with Private Homes													
County Wide Subsidized															
This group has hundreds of subsidized and market rate apartments for all groups including seniors through out the county. Unfortunately there is a year and a half or more waiting list for most.															
St. Vincent De Paul H.E.L.P. Center*	208-664-3095	Also has a few emergency units.													
Idaho Housing & Finance Association*	208-762-5113														
Whitewater Creek*	208-772-0108														

Assisted Living

		See ad on page	Capacity	Kitchenette	Alzheimer's Care*	Smoking Allowed	Planned Activities	Transportation Avail.	Two Bedrooms	One Bedrooms	Studio's	Laundry	Housekeeping	Madicaid	Pets Welcome
Coeur d'Alene															
Country Comfort Residential Care 824 N. 23rd St. countrycomfortgc@gmail.com	208-664-2272		9		•		•	•			•	•	•	•	
Orchard Ridge Senior Living 624 W. Harrison Ave www.theorchardcda.org	208-664-8119	16	69	•	•	•	•	•		•	•	•	•	•	
Legends Park	208-666-9900		44												
North Star Assisted Living 2340 W. Seltice Way www.stellarliving.con	208-765-5505	**2**		44	•		•	•	•		•	•	•	•	
Pacifica Senior Living	208-665-2100		58												
Renaissance of Coeur d'Alene	208-664-6116		48												
The Courtyard	208-765-8364		64												
The Lodge at Bristol Heights 2220 W. Prairie Ave. www.lodgeliving.net	208-457-3403	25	16		•		•	•			•	•	•		
The Lodge at Fairway Forest l&ll 3991 N. Player Dr. www.lodgeliving.net	208-457-3403	25	16		•		•	•			•	•	•		
Hayden															
Maple Wood Assisted Living	208-762-9292		16												
Post Falls															
Guardian Angel Homes	208-777-7797		126												
Idaho State Veteran"s Home	208-601-8300		64												
Living Springs	208-773-6145		14												
The Bridge at Post Falls 515 N. Garden Plaza Court www.centurypa.com	208-773-3701		61	•		•	•			•	•	•	•		
The Lodge at Riverside Harbor l&ll 52 N. Cedar www.lodgeliving.net	208-457-3403	25	16		•		•	•			•	•	•		
Rathdrum															
Generations Assisted Living	208-667-0495		48												
Spirit Lake															
Aspen Springs Pioneer Home	208-263-2314		16												
Grace Mountain Care Home	208-623-6188		15												

Notes: "Transportation" can mean anything from shopping to just transportation to Dr's. appointments. Be sure and ask.
Most "Studios" 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.

Home Care

		See ad on page	Medication Reminders	Personal Assistance	Transportation	Meal Preparation	Housekeeping	Shopping	Companionship	Laundry	Bonded/Insured	Accept Medicaid
AAging Better In-Home Care 1125 E. Polston Ave, Ste. A, Post Falls www.aagingbetter.com	208-777-0308		•	•	•	•	•	•	•	•	•	•
FirstLight Home Care	208-758-8090	18	•	•	•	•	•	•	•	•	•	
Home Instead 500 N. Government Way, CDA www.homeinstead.com/764	208-415-0366		•	•	•	•	•	•	•	•	•	
Touching Hearts at Home	208-601-8300											
ACCESS Care at Home, LLC Serving Kootenai, Boundary & Shoshone Counties www.accesscareathome.com	208-665-9473		•	•	•	•	•	•	•	•	•	•
Addus Home Care	208-667-2309											
Visiting Angels	**208-415-1000**	13	•	•	•	•	•	•	•	•	•	•
Eden Home Care	**208-725-3428**	2	•	•	•	•	•	•	•	•	•	
August Home Health, Inc.	208-664-0858											

Compassionate Care
Referral Services

Helping area Seniors and the Disabled since 2008.
Let's explore the resources that fit your needs.

Independent Living • Assisted Living • In-Home Services

NO FEES • NO PRESSURE • LOCALLY OWNED

Tamara Jacobson - Senior Care Consultant
(208) 660-9982
www.CompassionateCareReferral.com

THE PERFECT CHOICE FOR THE HIGHEST STANDARD IN ASSISTED LIVING

• Comfort
• Security
• Convenience

The LODGE
ASSISTED LIVING

Locally owned and operated

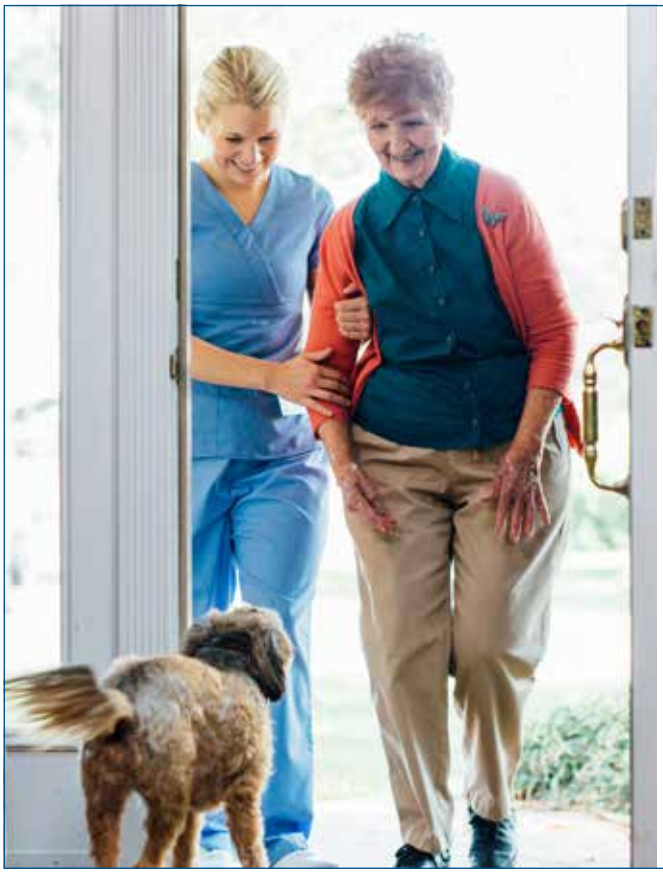
Call us today:
208-457-3403
www.LodgeLiving.net

Five Convenient Communities:
• The Lodge at Riverside Harbor 1&2: 52 N. Cedar St., Post Falls, ID
• The Lodge at Bristol Heights: 2220 W. Prairie Ave. Coeur d'Alene, ID
• The Lodge at Fairway Forest 1&2: 3989 N. Player Dr., Coeur d'Alene, ID

Welcome to a place you'll truly love to call home.

Home Health Agencies

		See ad on page	Nursing	Personal Care Service	Home Health Aid	Medical Social Serv.	Occupational Therapy	Private Duty Nursing	Physical Therapy	Registered Dietitian	Respiratory Therapy	Speech Therapy
AAging Better In-Home Care 1125 E. Polston Ave, Ste. A, Post Falls www.aagingbetter.com	208-777-0308		•	•	•			•				
Ability Home Health	208-930-1819											
North Idaho Home Health 850 W. Kathleen Ave. Coeur d'Alene lhcgroup.com	208-667-7494	26	•		•	•	•		•			•
Reliant Healthcare	208-665-3514											
Eden Home Health 296 W. Sunset Ste 120 CDA www.eden-health.com	208-255-1640	2	•		•	•	•		•			•
Advanced Health Care	208-769-0400											



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.

Talk with your doctor about home health services today, or call our office for more information.

North Idaho Home Health
208.667.7494

coeur d'alene
HEALTH AND REHABILITATION
OF CASCADIA

Physical Therapy - Occupational Therapy - Speech Therapy - Respiratory Therapy
2414 North. 7th Street - Coeur d'Alene - 208 664 8128 - Coeurdalenehealth.com

Skilled Nursing Facilities

		See ad on page	Private Pay only	Medicaid	Medicare	Private Rooms	Semi-Private Rooms	Alzheimer's Unit	Respite Care	Transitional Care	Intermediate Care	Long Term Care
Coeur d'Alene												
Coeur d'Alene Health & Rehabilitation of Cascadia 2514 N. Seventh St. www.coeurdalenehealth.com	208-664-8128	27		•	•	•	•		•	•	•	•
Life Care Center of Coeur d'Alene 500 W. Aqua Ave. www.lcca.com	208-762-1122			•	•	•	•		•	•	•	•
Advanced Health Care	208-769-0400											
Silver Ridge Care	208-664-2185											
Ivy Court	208-667-6486											
Post Falls												
Life Care Center of Post Falls 460 Garden Plaza Court www.lcca.com	208-777-0318			•	•	•	•		•	•	•	•

Things To Do

55+ Singles Friendship Group
Meetings 1st and 3rd Wednesday.
Numerous activities each month.
Call for more information and calendar.
Linda - 208-676-8456

Arts Buzz
First Friday of every month - 9 am
Chamber Conference Room
For those interested in the arts.
105 N. 1st St. CDA
www.artsandculturecda.org
208-292-1629

Art on the Green
August 2nd - 4th
North Idaho College Grounds
Also looking for volunteers
artonthegreencda.com
208-667-9346

Art Walk
Second Friday of each month
5 pm - 8 pm
Downtown Coeur d'Alene
www.artsandculturecda.org
208-292-1629

Aspire Community Theatre
Legally Blonde
August 2th - 11th
Kroc Center
www.aspirecda.com
208-696-4228

BINGO
Every Monday & Thursday evening
5 to 8 pm
$10 minimum buy-in
Lake City Center
1916 N. Lakewood Dr. CDA
www.lakecitycenter.org
208-667-4628

Also 1pm to 4 pm Thursdays
Hayden Senior Center
1250 W. Lancaster Rd. Post Falls
www.haydenseniorcenter.org
208-762-7052

Book Club
The Well Read Moose Morning Book Club
2048 N. Main, CDA
2nd Wednesday of every month
9:00 - 10:30 am
Evening Book Club
First Thursday of each month - 6 pm
www.wellreadmoose.com
208-215-2265

CDA City Parks Free Conceert Series
City Park Bandshell
Every Sunday 1 - 4 pm
July 7nd - GIGAWATT
July 14th - Tuxedo Junction
July 21st - Laketown Sound
July 28 - Chris Guggemos Memorial Singer/Songwriter's Panel
August 11th - Soul Proprietor
August 18th - The Hankers
August 25th - CDA Big Band
Check www.koepconcerts.com for updates

Riverstone Park
All concerts 6 - 8 pm Thursdays
July 11th - Nu Jack City
July 18th - Pamela Benton Band
July 25th - Tuxedo Junction
August 1st - Rockability Spaceforce
August 8th - Milonga
August 15th - Justin James Band
August 22nd - Spare Parts
August 29th - Diego Romero Band
koepconcerts.com
or artsandculturecda.org
Cda Chamber 208-292-1629

CDA Summer Theatre
Fiddler on the Roof
June 28th - July 7th
The Secret Garden
July 19th - 28th
Little Shop of Horrors
August 9th - 18th
Schular Preforming ArtsCenter
North Idaho Collage
Tickets and details at cstidaho.com
208-254-0504

Things To Do

Classes for Seniors
Kroc Community Center
1765 W. Golf Course Rd. CDA
Weekly activities • monthly field trips
art workshops • Medicare 101
care givers group - knitting club and more
www.kroccda.org
208-667-1865

Coeur d'Aleers 3Cs Women's Choir
Rehearsals for our Christmas concerts begin Sept. 3
No audition needed, just a willingness to sing!
Contact Sheila for questions,
208-755-9077
Trinity Lutheran Church
812 N. Fifth St. CDA

Coeur d'Alene Audubon Society
Meets the 2nd Tuesday of of each month, call for details
Lutheran Church of the Master,
Kathleen & Ramsey CDA
cdaaudubon.org
208-661-0206

Coeur d'Alene Art Association
Meets the third Thursday of month through September 6 pm - 8 pm
St. Lukes Episcopal Church
5th & Wallace, CDA
coeurdaleneartassoc.org
208-818-9614

Coeur d'Alene Brewfest
McEuen Park
July 6th 1pm - 7pm
cdadowntown.com
208-667-5986

Coeur d'Alene Flea Market
The Roosevelt Inn -
109 E. Wallace, CDA
July 14th & August 11th
10 am - 3 pm
therooseveltinn.com
208-765-5200

Coeur d'Alene Street Fair
Downtown Coeur d'Alene
August 2nd - 4th 10 am
cdadowntown.com
208-667-5986

Cooking Classes and Moore
The Culinary Stone
Lot's of new activities
Riverstone Shopping Center
Check website for times.
www.culinarystone.com
208-277-4116

Farmers Markets
Hayden
Prairie Ave & Hwy 95
Through October
Saturdays 9 am to 1:30 pm
Coeur d'Alene
Main Street Riverstone
Through September
Wednesdays 4 pm to 7pm
kootenaifarmersmarkets.org
720-589-3833

Garden Tour
July 7th 10am-4pm
Check web site for all the details and more events
cdagardenclub.com
208-664-3194

Hayden Senior Center
1250 W. Lancaster Rd. Post Falls
Lots of activities.
Call for a schedule or visit their website
www.haydenseniorcenter.org
208-762-7052

Hayden Free Concerts
McIntire Family Park behind city hall
Concerts start at 6pm.
July 11th - CDA Big Band
August 1st. - GIGAWATT

(continued on next page)

Things To Do

(continued from previous page)

August 8th - The Hankers
August 15th - Dr. Phil and the Eanblers
August 17th - JAMSHACK
Check www.koepconcerts for updates

Lake City Center
1916 N. Lakewood Dr., CDA
Lunch Served Wednesday
and Friday. Call to reserve.
Cribbage, Billiards, Bridge, Darts, Games, much more.
Call or visit web site for details
www.lakecitycenter.org
208-667-4628

Lake City Tappers
Mondays 1 pm
2nd, 3rd, 4th & 5th Wednesday - 1 pm
1916 N. Lakewood Dr., CDA
www.lakecitycenter.org
208-667-4628

Museum of North Idaho
115 S. 4th (Opening soon call for date)
Former Roxy Theater building
Open daily 11 am - 5 pm
museumni.org
208-664-344

Octoberfest
Downtown Coeur d'Alene
September 20th - 21st
cdadowntown.com
208-667-5986

***Post Falls Senior Center is now Third Avenue Market Place**
1215 E. 3rd Ave. Post Falls
(Really don't understand what's going on here.Will try to find out more.)
3rdavenuemarketplace.org
208-773-9582

Trojan Golf Classic
The Links Golf Club Post Falls
July 20th 1 pm
Golf, dinner & auction
More information or register
postfallsboosterclub.con

Senior Centers

Hayden Senior Center
1250 W. Lancaster Rd.
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

Third Ave. Market Place
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
208-623-6125

Want us to help spread your news?

Send us an event, class or activity you would like included in our magazine. Please email retirepub@icloud.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 4th quarter issue is September 1st.

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