

Resource Guide - Bonner County

TABLE OF CONTENTS

1. Housing - p.2-3
2. Food & Nutrition - p.3-4
3. Health Care - p. 4
4. Pregnancy & Women's Health - p.4
5. Domestic Violence - p.5
6. Legal - p.5
7. Early Childhood - p.5
8. Education - p.6
9. Employment - p.6
10. Elder Services - p.6
11. Energy - p.7
12. Telephone - p.7
13. Disability - p.7
14. Substance Abuse - p.8
15. Transportation - p.8-9
16. Veteran's Services - p.9
17. Other Resources - p.9
18. Clothing - p.10

HOUSING

RENTALS

- Bristlecone Apartments – 30% of income, even if it is zero. 263-7601 , Manager is Shelly Nuessly. She is there Mondays from 9-12, Tuesdays and Thursdays from 9 -12, and 1-3
- Oak St. Apartments : 265-8845. These are managed by the same person, Shelly Nuessly, and she is there Mondays from 1-3. and Wednesdays and Friday from 9-12 , and 1. Oak St. apts. Are tax credit units – applicants need to make at least \$1200 , and their rent will be determined by number of family members.

Applications are in file outside office door and both places and may be picked up. Have to be returned at an appointment -- all documents required must be available.

- R & L Property Management - 263-4033
- Sandpoint Property Management - 263-9233
- Bill Brown Rentals- 263-6221 – has some low income apartments
- Pend Oreille Village - 263-2866 – 910 N. Division – have some low income apartments; also “free market “apartments handled by Sandpoint Property Mgmt.
- Mt. Baldy Apartments, 265-0788, Chandra Layton,—some are income based and start at \$471 (2 BR) – Income limits vary according to number of family. Some are full priced. All require passing credit check
- Riverwood Apartments – Priest River – 30% of income- 448-1862
- Beardmore Apts, for elderly and disabled; Murray Apts, both low-income (30% of income) in Priest River, Jeanette, (509) 447-4825, Pine River Management, (509)467-3036
- IHFA – Apply for Idaho Housing Voucher. Waiting list about 3 years. Need to keep them apprised of current address.- 1-866-621-2994
- Lightning Creek Trailer Park, Clark Fork, 266-1574
- IHFA Housing Counselor – Talk to Bette Woinowsky, 1-866-621-2994 x17, CDA
- www.housingidaho.com: Idaho’s rental listing and search tool

SHELTERS

- Bonner Gospel Mission – for men only, 5 days unless become involved in religion, 263-6698. May help with bus ticket for woman – or short stay with church members – Talk to Corky Kalben, 263-6889
- Grace Haven, woman’s shelter – run by Corky Kalben also – 263-6889
- Transitions in Progress, formerly known as Bonner County Homeless Task Force – 265-2952, for families: parent(s) and child(ren). Tammy Martinson, Director.
Blue Haven Transitional Housing
Facility at Trestle Creek may have some openings for single women, accommodate individuals with mental illness.

They have a new website: www.Transitionsinprogress.org

- St. Vincent DePaul Transitional Housing – Coeur d’Alene, 664-3095 for Social Services. – 765-2064 – (may be moving 7/1 to old Library)
- Women’s Shelter – St. Vincent – CDA – 664-3095
- Men’s Shelter – St. Vincent – CDA – 667-3095
- Kinderhaven – emergency housing for children removed from homes, or without homes: 265-2236
- Shelters in Spokane (509) 327-7737; Salvation Army (509) 325-6814
- Newport: Family Crisis Network (509) 447-2274
- Crosswalk: Shelter for teens in Spokane –

RENTAL ASSISTANCE: Check with Community Action Partnership and the Food Bank. CAP usually has limited funds twice a year -- approximately February and August (varies). Food Bank also has funds around the same times. Other options are: Love, INC, 263-6378, St Joseph’s Church or First Methodist Church. Health & Welfare sometimes is able to help with rental assistance as well – 265-4529

- With an eviction notice, help may be available at Bonner County Assistance: 255-5291 –located on 3rd floor of Federal Building, 1500 Hwy 2, Suite 337, Sandpoint, 83864.

HOME OWNERSHIP:

- Habitat for Humanity / Idaho Panhandle 254-5313
- Rural Development: subsidized home loans: (208)762-4939, ext.123
- Loans and grants for home repair: Michelle at Rural Development

ASSISTED LIVING

- Evergreen Assisted Living / 265-2354 – 624 S. Division, Sandpoint.
Takes some clients with mental illness on Medicaid in addition to elderly.
- Trinity Assisted Living / 265-8950 – 100 Humbird Rd, Kootenai
Adult assisted living, for people with mental illness or disability on Medicaid.

FOOD / NUTRITION

- Food stamps – pick up form at Health & Welfare, 265-4529, 207 Larkspur St, Ponderay
- Food Bank: call 263-3663 (FOOD). Alice Wallace, Manager. Hours are: 9 – 12 and 1 – 3 weekdays. Eligible families may receive one food box every 3 months. “Salvage” once a week – or more if there is a family.
- Nutritional Education, Bonner County Extension Service, 263-8511
- Soup Kitchens
 - Assembly of God – (on Lincoln behind Travers Park), Monday at 4 pm

- Agape Café, Division & Pine, Tuesdays, 11:30 – 2 for lunch
- Gardenia Center, Wednesdays, 11 to 1
- Methodist Church, Main & Division, Thursdays, 4 - 6
- St. Joseph's Catholic Church – Oak St. – Fridays, 4 - 6

HEALTH CARE

- Bonner Partners in Care Clinic – open Tuesday and Thursday evenings, 5:30 p.m. – for un-insured and underinsured. Sliding scale 0 - \$10 depending on income. Call Catherine Perusse: 255-9099
- Panhandle Health District: WIC, Family Planning, Immunizations, 263-5159
Women's health checks, possibly free mammogram for low-income women
- Kaniksu Health Services –1329 Superior St, 263-7101 – medical, dental & mental health services on a sliding scale.
- Boundary Regional Health Center, Bonners Ferry, 267-1718 – for medical/dental
- Dentist in Bonners Ferry: Hal Willis, 267-3201, BRHC- Kaniksu Dental Services
- Medication Assistance – through pharmaceutical companies – Bonner Partners in Care Clinic, 255-9099, or Bonner County Assistance Office, 255-5291, BCA may have help with medical bills, 255-5291
- In-home care – need to begin at Health & Welfare, 265-4529, they will refer for eligibility review by Region I Medicaid.
- Community Cancer Services – helps provide resources, info and transportation for cancer patients needing to travel for radiation or chemo treatments, 255-2301, 1215 Michigan St., Ste B, Sandpoint.
- CHAS, Community Health Association, Spokane: (509)835-1203 or 444-8200
- North Idaho Aids Coalition, (208)665-1448 – care, prevention, advocacy – testing & counseling
- Help Quitting Smoking: Idaho QUITline – 1-888-280-2265

PREGNANCY AND WOMEN'S HEALTH

- WIC, at Panhandle Health District- 263-5159
- Panhandle Health, 263-5159, annual exams, contraception services
- Pregnancy Crisis Center, 204 E. Superior, Ste. 1, 263-7621 or 290-5491
- Planned Parenthood of Inland Northwest, (208) 762-8099
- Mountain States Early Head Start, 263-2569, 137 McGhee Rd – support for pregnant women and families with children up to three. Home visits and center based program.

DOMESTIC VIOLENCE

- VAST – support and advocacy for victims of domestic violence, 265-3586
- Harmony House – women’s “Safe House,” accessible through VAST only.
- Women’s Shelter – Grace Haven, run by Corky Kalben, 263-6889

LEGAL

- Court Assistance Office – Open Mondays and Wednesdays, from 9 to 4 – Alexandria Lewis – Will help provide forms and some help filling them out. Can advise if client needs attorney or not, but cannot give legal advice. 265-1449
- Forms from Internet – www.courtsselfhelp.idaho.gov
- Legal Aid at the Food Bank – call for appointment- 263-3663
- Legal Aid Services; (208) 667-9559
- Referral Service – Bar Association -- to find lawyers in area who will give an initial half-hour consultation for \$35.- (208) 334-4500
- Idaho Volunteer Lawyer Program, 1-800-221-3295
- Public Defender's Office: 255-7889
- Consumer Credit Counseling, 1-800-892-6854
- Human Rights issues, discrimination, Bonner County Human Rights Task Force, helpline: 263-0275
- Human Rights Commission: 1-888-249-7025

EARLY CHILDHOOD

- Mountain States Early Head Start, 263-2569
- Parenting Classes – Extension Service, 263-8511
- For information about Parent Project parenting classes, call 263-1602, Ron Stultz
- Head Start, 263-6232
- Idaho Infant Toddler Program, 265-4593 – developmentally delayed, at risk or disabled, Birth to 3
- Child Development Center, H & W, 265-4529
- Child Car seats: Only in cases of need—contact the OB department at Bonner General Hospital. They have a limited number of seats available. 263-1441. Anna will meet with car seat recipients to insure they are installed correctly.

EDUCATION

- North Idaho College – Sandpoint Center: 263-4594 : GED; Adult Basic Education; JET program (Job Education Training)
- Check with Dept. of Commerce & Labor for vocational training programs, 263-7544
- Idaho Working Solutions: 265-1983—204 Larkspur St, Ponderay (In Goodwill building) Tina Stevens, assistant vice-president—255-6859
- SCHOOL SUPPLY PROGRAM: sign up at Community Action – will provide entire list of supplies requested by teacher plus backpack if needed. 255-2910
- Adult Literacy program at Library. 263-6930

EMPLOYMENT

- Dept of Commerce & Labor –263-7544 if there are no barriers to employment – Can access Jobs on Internet. Help with resumes, applications, copying. Search for jobs on the Internet: www.idahoworks.org
- Voc Rehab – need a diagnosis of a condition that limits employment – may need training. Some help with transportation, (to fix a car for work.) Dennis: 263-2911
- Idaho Working Solutions: 265-1983—204 Larkspur St, Ponderay (In Goodwill building) Tina Stevens, assistant vice-president—255-6859
- Goodwill: 263-5222; Vocational evaluation, work readiness training, job skills training, vocational services. Also Payee services..
- Information re PASS program – work opportunities for persons receiving Social Security (SSI or SSD). 1-800-772-1213

ELDER SERVICES

- Sandpoint Senior Center, 263-6860
- Aging & Adult Services, 1-800-786-5536
- Bonner Community Hospice, 265-1179
- Daybreak Center: elder day-care, respite for caregivers 265-8127
- Elder Advocate: Paul Graves, elderadvocates@nctv.com -- providing direction

through the maze of elder care.

ENERGY

- Community Action Partnership – Energy Assistance – help with heating bills – November – February – 255-2910
- Community Action Partnership -- Project Share – for those not eligible for EA, or outside limits of EA - 255-2910
- Weatherization – Sign up at Community Action Partnership – usually when apply for Energy Assistance.
- Call AVISTA "CARES" representatives. Call as caseworker to make arrangements for special circumstances: 1- 888-700-2757

TELEPHONE

- ITSAP – Idaho Telephone Assistance program – 133% of poverty – entitled to \$13.50 deduction every month from Basic Services charges. Will also reimburse half of installation fee up to **\$30** – Can sign up at Community Action Partnership – usually part of Energy Assistance appointment.

DISABILITY

- Goodwill Industries: 265-1982, select option 2 -- provides services for individuals with disabilities, service coordination, payee services, employment evaluations, job enhancement training
- Social Security Administration: 1-800-772-1213 – to begin application for disability.
- Mark Jones, Atty – specializes in helping eligible persons obtain disability status. No charge unless he is successful – then he takes a commission out of initial payment, but nothing out of monthly payments. 263-0886; 255-4155
- Disability Action Center- (208) 664-9896
- Co-Ad – 1-800-632-5125 – protecting rights of people with disabilities.
- S.L. Start – for people with developmental disabilities. 265-4068, program for adults—on Lake St across from City Hall; 265-6439 for children's program, off McGhee Rd.
- Panhandle Special Needs, 263-7022 – employment, job training, life-skills for individuals with developmental disabilities.

SUBSTANCE ABUSE

- Number to call to request admittance into treatment, in-patient and out-patient: 1-800-922-3406
- Mountain Lake Counseling and Support services, individual and group SA counseling, 263-8505
- Alcohol and Drug Counseling, Gretchen Steen, screenings and assessments; individual & group counseling and Level I outpatient treatment—255-9333
- Alliance Family Services, chemical dependency unit, Level I & II outpatient treatment—individual and group. 263-0301
- NA, 1-888-624-3577 –Sunday, Methodist Church. 5:30 pm; Monday, Lutheran Church, 7:00 pm; Tuesday, Methodist Church, 7:00 pm; Wednesday, SDA Youth Ctr. Pine & Division, 7:00 pm; Friday, Methodist Church, 7 :00 pm; Sat. 5:30 pm, Bonner General Hospital (can call info # or Google NA North Idaho for updated info)
- AA, 263-2740 – call for meeting schedule—Attitude Adjustment, 7 am, M- F at Gardenia Ctr., Sat. at 9 am, Christ our Redeemer Lutheran Church; Friday noon at First Lutheran—Big Book Study, Wed, noon at Methodist Church—Friday, 7 pm, Gardenia Ctr—Thursday, Episcopal Church, 6:30 pm—Sunday & Tuesday, 7 pm, Gardenia Ctr (Living Sober)—Men’s Book Study, Monday, 5:30 pm, SDA Youth Ctr—Saturday Night Live, Sat. 7 pm, First Christian Church—Step Study, Thursday, BGH. 7pm—Stick Mtg. 8 pm, Methodist Church—Sunday morning, 10:30, Senior Ctr—Women’s Book Study, 5:30 pm, Monday, First Lutheran Church—Women’s Steps, Tuesday & Thursday at noon, First Lutheran Church
- Port of Hope, 664-3300, CDA—SA evaluations, in-patient and out-patient treatment.
- Kootenai Behavioral Health, 1-800-221-5008—Level I, II & III in-patient and out-patient treatment for adults; free screenings, Tuesday and Thursday afternoons by appointment only—call Monday or Wednesday at 10 for appointment the next day.

TRANSPORTATION

- NICE bus, 263-7287-- To CDA every morning, back in the afternoon -- special arrangements can be made if bus is available, or if it fits into their schedule.
SPT to CDA :6:25 am, and on call at 3:40 pm, 6:10 pm, M-F - \$14 one-way
CDA to SPT: 4:40 to 5:15 am 2:10 pm; 5 pm – monthly price of \$105
Call ahead to arrange transportation for seniors – rides to doctors, shopping, etc.
Senior prices are half-price—and in-town by donation. In town is \$2 day each Way—call ahead to make arrangement.

- American Carriage Transport – Call Jackie at: 290-3793 for Medicaid reimbursable appointments.
- White Tail – for Medicaid recipients- 263-1018. Also non-Medicaid on paid basis.
- Senior Citizens – 263-6860
- North Country Transportation: 267-8363
- Wildwood Transportation, 946-8232 and 267-0973, serving SPT, CDA, Spokane and surrounding areas—Medicaid approved—medical, dental, counseling, rehabilitation, DDA services. Also Airport shuttle services.

VETERAN'S SERVICES

- Don Carr, Veteran's Services: 255-5291, located on 3rd floor of Federal Building, 1500 Hwy 2, Suite 337, Sandpoint, 83864.
- VFW, Sandpoint Post -- Ted Stevens, 263-9613
- Lane Starr at Commerce & Labor – 263-78544 – veterans' advocate
- Bus to Veteran's Hospital Call 1-800-325-7940 at least 24 hrs. ahead

OTHER RESOURCES:

- Angels over Sandpoint -- specific help to individuals for things not available through any other services. Applications available at CAP.
- Love, Inc. for needs outside those through agencies: 263-6378. Hours: Tuesday - Friday, 10 am to 2 pm. Helpline: 263-6378. Executive Director, Lynette Haugen, 263-6720. Attempt to network churches and mobilize volunteers to meet needs.
- Call Jail for inmates on work programs to help with yardwork for people with disabilities. 263-8417
- Financial Advice: Consumer Credit Counseling, 1-888-425-3328.
- Human Rights issues, discrimination, Bonner County Human Rights Task Force, helpline: 263-0275

CLOTHING

- Senior Citizen's Thrift Shop: 70 Walker Way, Sagle – 265-2627
- Love Inc, 263-6378 – Tuesdays and Fridays from 10 to 2.
- Animal Shelter Thrift Store- will honor a voucher or a referral from an agency advocating for an individual or family and provide a minimal amount of free clothing when the need is there. 263-0706
- Goodwill Thrift Store—on Larkspur across from H & W