

# SHORE LINES

## Bayview Community Council

NOVEMBER 2023

Local News & Events



### Granite Point Physical Therapy: Enhancing Health and Wellness in Athol

by Sheryl Puckett



A new addition to the community's healthcare landscape is poised to make a significant impact on the health and well-being of Athol residents.

**Granite Point Physical Therapy**, a full-service fitness-based clinic, is bringing a team of dedicated professionals and state-of-the-art technology to address a wide range of health issues, from persistent pain to neurological conditions.

Granite Point Physical Therapy offers comprehensive services to cater to diverse healthcare needs. Their services cover everything from managing dizziness, concussions, and headaches to treating neck and thoracic pain, TMJ pain, shoulder issues, joint replacements, back pain, knee and hip problems, female pelvic floor disorders, SIJ dysfunction, balance deficits, ankle injuries, and recovery after neurological events such as strokes or for those with conditions like Parkinson's or Multiple Sclerosis.

The clinic is staffed by an expert team of therapists, including **Alexis Creighton** PT, DPT, **Amanda Thome** PT, DPT, and **Lindsey Johnson**, PTA, all with a wealth of certifications and specialties. With their extensive knowledge, they are well-equipped to provide tailored care to the community. This technique is not meant to replace any medical treatment, but by correcting underlying imbalances, we help the body's self-healing ability to take over. “

Each provider at Granite Point Physical Therapy brings unique specialties to the table. Alexis Creighton is dedicated to treating persistent pain and general orthopedic conditions. She holds certifications in Parkinson's Disease wellness recovery, fall prevention, and blood flow restriction training.

Amanda Thome is a certified vestibular and concussion PT, with expertise in SIJ pain, BalanceWear, and craniosacral therapy. Lindsey Johnson, a PTA, specializes in female pelvic floor conditions, prenatal and postpartum rehab, oncology, and lymphedema care.

Granite Point Physical Therapy is actively collaborating

with local healthcare providers and organizations to enhance the services they offer. They aim to strengthen the bond between their clinic and the community to improve healthcare.



The clinic boasts an impressive array of equipment and technology, including the Pneumax Bodyweight system, video infrared vestibular goggles for diagnosing vestibular disorders, and virtual reality systems for

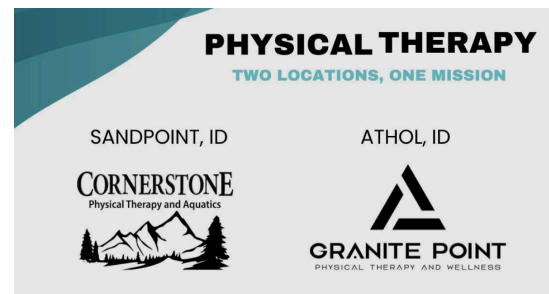
mobility improvement and chronic pain management. With a spacious 2,800 sq. ft facility, they offer various balance training equipment, blood flow restriction cuffs, gym equipment, cardio machines, and much more.

Granite Point Physical Therapy encourages community members to stay active. Their philosophy is rooted in the idea that "motion is lotion." They understand the importance of movement in maintaining physical and mental well-being. The clinic aligns with the U.S. Department of Health and Human Services' guidelines, which recommend 150 minutes of moderate-intensity physical activity each week, along with muscle-strengthening activities on two days.

Residents of Athol and surrounding areas can access Granite Point Physical Therapy by asking their healthcare providers for referrals. They can also reach out by calling 208-265-0610 or visiting the clinic's website at [www.sandpointphysicaltherapy.com](http://www.sandpointphysicaltherapy.com).

An open house event was held October 21, where they offered an opportunity for the community to tour the facility and meet the staff

Granite Point Physical Therapy is committed to improving the health and wellness of local residents, one patient at a time.



Council's Address: P. O. Box 112, Bayview, ID 83803  
Council website: <https://bayviewcommunitycouncil.org/>

# Benefit of Living in Bayview Moving Towards Extinction!

Editorial by Bayview resident Carl Blanchette

A benefit of living in Bayview, is being able to stargaze with your honey from your own porch with your favorite beverage in hand. To compare the glow of your honey's eyes to the stars, what a blessing, especially when you don't have to travel to the forest and camp out to see the stars. Well, that simple pleasure is heading towards extinction. Why? Light Pollution.



As trees are removed for new construction, light pollution becomes more real. Yard Lights, Shop Lights, and decorative lights being left on all night impact the ability to stargaze and in some cases, sleep. As more hours of darkness comes upon us for the winter, one might ask, do I really need such lighting all night long and how is my lighting impacting my neighbors? Like noise pollution, light pollution does not end at the property line.

Light pollution is real. Big cities are passing ordinances to control light pollution. Last thing we need in Bayview is more government controls, especially when our culture has always been to police ourselves by respecting all who live in our community. Take a trip across the Rathdrum prairie at night and now see the difference even from a few years ago.

If one uses lights for crime prevention, "motion" lights are far more effective, and a side benefit is less energy costs. Flashlights moving in the dark are far more detectable than lighting your property up so a thief can see without their own light. I can see headlights approaching my house from three blocks away when there is total darkness. I am not speaking to porch lights but even those can be motion sensors or at least with less lumens (brightness). A good indicator of "bright lights" may be if you have room darkening shades so you can sleep. What about your neighbor?

Please take a few moments to think about your lights and how they may be impacting your neighbors and the community. Soon we will have more subdivisions with streetlights and yard lights. I encourage our community members to enjoy the simple pleasure of stargazing while we still have it. I encourage you to think about your yard lighting practices and do what you think is best. Soon, we will all have to travel up the Bunco to get the darkness to see the stars and the Northern Lights or we can try on our own to keep this pleasure of living in Bayview alive a bit longer.

**Exciting News:** Bestowing the Basics to launch monthly **Athol Free Community Meal!** Join them Friday, November 10th, 4:30 p.m. to 6:30 p.m. for their first meal with hopes to make it a regular event. All are welcome to attend.

*HAPPY THANKSGIVING DAY TO ALL*

# Snowbound No More

James Powell is a military veteran and a resident in Athol for over 20 years. With his wife, Reiko, they raised all three children here. James business, **R & J Dispatch LLC**, offers snow plowing services extending to private roads, driveways, HOA properties, and subdivisions.

According to James, "I have a reliable fleet at your service. This includes two 12-foot Ex-state plows, one equipped with a 10-foot hydraulic wing designed to handle those stubborn snow berms. Additionally, I have three smaller plows, including a 1-ton and two 3/4-ton vehicles, all equipped with V blade plows." Give James a call: 208-699-4217 for free quote or email him: [xcjeff02@aim.com](mailto:xcjeff02@aim.com)

# 2023 COMMUNITARIAN

By Marlys Blagden



Laurie has been a member of the Bayview Community Council since the Council's inception. A good portion of those years, she has held the position of Council Treasurer.

Laurie takes her role in this position very seriously and has perfected it. While Laurie's role may appear to be behind the scenes, her impact is nothing short of remarkable.

She has taken on the responsibility of crafting letters that support causes and issues close to our hearts thus becoming the eloquent voice for the Council.

Laurie is always available to lend a helping hand to whatever project our group is involved in. That includes, but is not limited to, the annual food drive for our community's local food bank and the community wide yard sale fundraisers.

You can always count on Laurie to be a huge help in events that the Council presents for the community. Some of those include the historical presentations depicting Bayview and Farragut local history such as events on Cataldo Mission history and Pen d' Oreille City. Another presentation was the performer, Robert Singletary, from North Idaho Museum where he portrayed a Farragut Naval Commander.

She has always participated in the maintenance of the Memorial Garden. When the garden's last coordinator decided to take a much needed break, Laurie stepped up and took the lead position which she currently manages.

Laurie is, and has been, an avid and professional historian, as well as a professional archaeologist serving on the Kootenai County Historic Preservation Commission. She has brought a wealth of information to the community about the beautiful area we live in. She was instrumental in the nomination process of Pen d'Oreille City for the National Register of Historic Places. It was placed on the Register December 2019. She urges us to learn more about Bayview and how it came to be the Gem of North Idaho.