



CHILDREN'S LEAD TESTING CLINICS

Thank-you to Families. We'd like to thank all the families who participated in the 2016 Children's Clinic. It was a huge success! We can't do it without you! Highlights are:

- We tied the record (set in 2014) for lowest average blood lead level for children 6-36 months in Trail and Rivervale -- 4.3 micrograms per deciliter
- 92.5% of children tested below 10 micrograms per deciliter
- We continue to have very high participation in this voluntary program

WHY IS TESTING IMPORTANT?

While lead levels in the air have reduced significantly over the years and emissions continue to decline, it's still important to test children's lead levels. Even low levels of lead may be harmful to young children and, at the levels we see in Trail, any effects would be hard to detect or measure in an individual child. We recommend that children in Trail and Rivervale be tested each year from age 6 to 36 months. We continue to find a few children with levels higher than the typical range and we offer free supports to help families prevent and reduce lead exposure.



FALL 2017 CLINIC INFORMATION

It's not too late to book an appointment! Lead testing is offered to all children aged 6 to 36 months in Trail and Rivervale. Testing is also available for children up to 60 months of age who have just moved to Trail or Rivervale, or who live in homes being renovated (now or recently) anywhere in the Lower Columbia area. Testing takes place at the Kiro Wellness Centre on Columbia Avenue. There will be balloons and toys for the kids, and a chance to win a gift certificate from Ferraro Foods. Please call Jeannine Stefani at (250) 364-6223 for details or to book an appointment. Dates & times are:

September 11 (Mon), 13 (Weds), 19 (Tues) and 25 (Mon)

9:00 a.m. – 4:00 p.m.

September 20 (Weds) & 26 (Tues)

11:00 a.m. – 6:00 p.m.



HEALTHY FAMILIES HEALTHY HOMES



DECLUTTER TO REDUCE INDOOR DUST

Getting rid of clutter has been top-of-mind with many families this year!

There are many benefits of decluttering ranging from increased happiness and wellbeing to reduced indoor dust and lead exposure.

In Trail area homes, people can be exposed to lead in indoor dust. Dust gets tracked inside and collects on floors and other surfaces. Young children are most vulnerable to the effects of lead and, also, most likely to sit or play on floors and put toys or fingers in their mouths. Removing clutter makes it easier to reduce indoor dust and supports other house cleaning strategies like damp mopping floors, vacuuming carpets, and damp wiping surfaces and toys. To minimize lead exposure, it's also important to leave shoes at the door, and wash hands often and always before eating.

Whether you are thinking of decluttering or have already started, the key is to be kind to yourself! It took time for things to accumulate and it may take time to sort them out. There are many possible ways to reduce clutter and keep your home relatively tidy. Here's a simple strategy to play with:

Set yourself up for success!

Step One: Get three or more containers (boxes, bags, baskets, etc.) and designate them "Keep", "Toss", and "Recycle" or categories that work for you.

Step Two: Pick a small area to tackle: a closet, a table top, one counter, one drawer, etc.

Step Three: Commit to a short amount of time: e.g. set a timer for 15 minutes.

Step Four: Fill your containers!

Step Five: At the end of your 15 minutes, put "Keep" items away in their proper places, put "Toss" items in a garbage bin, and put recyclables out for curbside recycling or take them to the recycling depot. Some items could go to the thrift store, too!



Keep it up! Decluttering is an ongoing process – it's great if you can make decluttering a regular habit and stick with it! You'll see and feel the benefits.

THEP OUT IN THE COMMUNITY



MEET MARYLYNN RAKUSON, COMMUNITY REPRESENTATIVE

We'd like to introduce you to Marylynn Rakuson, a community representative on the Trail Area Health & Environment Committee

In Marylynn's words: "I was born and raised in Trail. I've seen many positive changes to the landscape and I attribute much of this to the Health & Environment Committee and Lead Task Force. I joined the Task Force in 1991 as a volunteer from the health council. I've stayed because I've seen the company make improvements, we're doing a great job meeting our targets and our work is making the community a healthier place. Also, it's important to me to give back to my community and bring a resident perspective to this work. We need to keep the needs of the community in the forefront."

"Children are our future and making this a healthy community is a must! Our Committee is very focused on families and the community: we work together as a partnership with diverse perspectives. And we're not only about lead, we work to promote children's healthy development. We have more programs for families in their homes, we're part of the Family Action Network, and we're co-hosting the Trail Market Family Zone."



"If I had one piece of advice for you, it is to get informed and tell us your opinion. Our program keeps improving because local residents continue to care and get involved. Thank you."

AGES & STAGES DAY

The Family Action Network (FAN) is offering a free Ages & Stages Day on Tuesday, October 3 at the Kiro Wellness Centre, 1500 Columbia Avenue in Trail from 10 am to 5:00 pm. On-site services for kids up to 6 years old include hearing, dental and speech. Come and meet service providers and get a snapshot of your child's age-based development milestones. Ask questions about topics like sleeping, eating, walking, and talking! There will be fun play activities for children.

Pre-registration is a must. For more information or to book an appointment, please call: 1-855-368-3707 or email Christy at coordinator@familyactionnetwork.ca

GET YOUR RADON TEST KIT FROM US

Have you tested your home for radon? Everyone should: this is an issue in all our communities. Radon is a naturally occurring radioactive gas that can accumulate in homes and cannot be smelled, tasted, or seen. It is the second leading cause of lung cancer. Some homes in the West Kootenays test above Health Canada guidelines and you can't predict the levels in your home; the only way to know is to test. Homes can be retrofitted to reduce radon levels to within guidelines. Now is a great time to pick up a test kit; the best time to test is through the fall, winter and early spring, when doors and windows are shut.

We have test kits at the Community Program Office, 1319 Bay Avenue, for a suggested \$15 donation to cover costs. The Donna Schmidt Memorial Lung Cancer Prevention Society provides tax receipts for donations.

