



# COMMUNITY NEWSLETTER // SPRING 2015

## HOME & GARDEN DAY

### SATURDAY, MAY 30

Home Hardware Building Centre: 8:00 am to 4:00 pm

Columbia Valley Greenhouses: 10:00 am to 3:00 pm

Come and meet our Home & Garden team, learn about lead-safe home renovation and what you can do to keep your home & yard environment healthy.

**Look for Us this Summer:** Please look for us at the **Teddy Bear Picnic on June 26** and at the Trail Market on Esplanade every few weeks between June 19 and September 11.

#### Expecting a baby? We have a free Healthy Homes program for you.

If you or someone you know is expecting a baby in Trail or Rivervale, please get in touch or let them know about us! We want to help families prevent lead exposure in their home and yard, starting before the child is born. We offer free in-home visits including home and yard kits to help keep the house and yard dust-free. If you're renovating, it's even more important to get in touch. Please call our Community Program Office at (250) 368-3256 or email us at [programs@thep.ca](mailto:programs@thep.ca).

#### Renovating your home? Please contact us!

We have FREE supplies & important info. All homeowners and tenants doing home renovations in Trail and Rivervale can get free lead-safety supplies, loans of HEPA shop vacs and practical advice on lead-safe renos\*. If you are expecting a baby or have pre-school children, we are also happy to come on-site to help you set up the project safely and provide advice so you'll know how to make lead-safe decisions. Please contact our Community Program Office at 250 368-3256 or drop by 1319 Bay Avenue.

#### Why are renovations an issue?

Renovation projects can create unexpected lead exposure by releasing accumulated dust, or disturbing lead paint (for homes built before 1976). This includes sanding and repainting old walls, and removing chipped paint. It is particularly important to protect young children, pregnant women, and renovation workers.

If you are replacing your roof or hiring a contractor, please ask your contractor to contact Andrea at the Program Office. Andrea is trained in the **Renovate Right** lead exposure prevention program and can help contractors strategize how to minimize dust during roof replacements and other projects where lots of accumulated dust could be released.

\* This offer applies to owners and tenants in older pre-1976 homes in other parts of Greater Trail.

[WWW.THEP.CA](http://WWW.THEP.CA)





## KEEP THE DUST DOWN AND THE DIRT OUT!

With the warmer weather, it's a great time of year to be outdoors. This also means reducing dust outdoors and keeping dirt and dust from getting tracked inside. Here are a few tips to help keep your home and yard dust free:

- Hose or wash off outdoor play equipment, children's toys and patio furniture regularly;
- Vacuum your doormats and make sure you have one for each main entrance. (Don't shake or sweep your mats as this stirs up dust).
- Keep the outdoors out! Leave shoes at the door as well as dirty, dusty or muddy clothes.
- Wash and brush pets outdoors on a regular basis. Wipe muddy paws at the door.
- Damp mop indoor floors regularly, and before you can see the dirt and dust.

Did you get a vacuum from us? Good news! If you still have children under 3 years of age at home, our Program Office can supply you with replacement vacuum bags and filters. Please note:

- Vacuum bags should be changed when 2/3 full.
- HEPA exhaust filters should be replaced annually.
- Bagless vacuums have washable filters that can be cleaned monthly. Be sure the filter dries fully before use. Pick up a replacement filter when it begins to show wear-and-tear.
- Your vacuum has a 5 year parts & labour warranty. For repairs, contact Sears Product Repair Services 1-800-469-4663



## IT'S IMPORTANT TO CHANGE YOUR FURNACE FILTER

Changing the filter your home's furnace or HVAC (Heating, Ventilation, and Air Conditioning) system is standard practice for any homeowner. It is simple, inexpensive and can optimize comfort, improve air indoor air quality and avoid repairs. Canadian and US organizations (see links below) recommend that filters be replaced every three months, or monthly for busy active families, or where household members suffer from allergies, or where renovations are taking place in the home or nearby.

Sources: <http://www.nachi.org/change-hvac-filter.htm>  
<http://www.cmhc-schl.gc.ca/newcomers/pdfs/English/LAH5.pdf>





## FALL CLINIC PLANNING

Are your children on the list for lead testing this fall? To be sure, please contact **Jeannine Stefani**, Public Health Nurse, Interior Health at 250 364-6223. Through Interior Health, our program tests the lead levels in children aged 6 months to 36 months who live or spend most of their time in Trail and Rivervale. We also test children up to age 5 who are new to those communities. In addition, we encourage testing of children up to age 5 from any part of Greater Trail if their home has been recently renovated. Invitations to the Fall clinics will be mailed out to families at the end of August.



## UPDATE FROM THE FAMILY ACTION NETWORK

The Family Action Network (FAN) hosted the first mobile screening day at Rossland Summit School on February 23, 2015. Twenty-one children aged five and under participated. To date, over 100 children have participated in early developmental screening in our region. Family Action Network, a non-profit organization with a vision of the Lower Columbia region as the 'best place to raise a child', will continue to organize two screening events each year: the Fall event will be hosted at Kiro Wellness Centre in Trail and, each Spring FAN will rotate the mobile screening clinic to different communities in the region.

For more information on early developmental screening or to book an appointment for your child, please contact **Christy Anderson**, FAN Regional Coordinator at 1-855-368-3707.

Watch for FAN's website launch in September 2015, an online resource for parents in the Lower Columbia region.



## SUPPORTING A GLENMERRY SCHOOL SCIENCE PROJECT

We would like to congratulate Kael Helgeson, Grade 3 student at Glenmerry Elementary who finished 3rd in the Regional Science Fair this Spring. Our Home & Garden staff member, Andrea, provided some lead awareness information to Kael and his class to support his experiment on “What snow is the most harmful to eat in this community?” Kael learned that children under age 3 are at greatest risk for lead exposure as they put their fingers, toys and other things in their mouths.



## TRIBUTE TO GRAHAM KENYON

We would like to recognize the dedication, vision, and expertise of one of the Founding Fathers of our program, Graham Kenyon. As the Environment, Health and Safety Manager at Cominco in the 1980s and 1990s, he spurred the efforts to measure and address children’s lead levels in Trail. He was also instrumental in fostering a collaborative approach to improving health and the environment related to smelter metals in Trail. The Trail Area Health & Environment Committee is unique in the world as a community-led partnership that monitors and addresses environmental and health impacts of industrial activity. Graham passed away in early April 2015 and was a champion of children’s healthy development and environmental sustainability to the end. We’ll miss Graham and we’re eternally grateful for his many efforts.

