



IT STARTS WITH THE KIDS!



TRAIL AREA Health & Environment Program

CHILDREN'S LEAD TESTING CLINICS

Children's lead testing is offered to all children aged 6 to 36 months living 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 undergoing renovations (now or recently) anywhere in Greater Trail. All testing takes place at the Kiro Wellness Centre, 1500 Columbia Avenue, Trail BC. To book or change an appointment, please call Jeannine Stefani at (250) 364-6223. Clinic dates and times are as follows:

September 15 (Mon), 17 (Wed), 23 (Tues) and 29 (Mon)

9:00 a.m. – 4:00 p.m.

September 24 (Wed) & 30 (Tues)

11:00 a.m. – 6:00 p.m.



AGES & STAGES DAY

The Family Action Network (FAN) is offering an Ages & Stages Screening Day on Wednesday, October 8 at the Kiro Wellness Centre, 1500 Columbia Avenue in Trail from 10 am to 5 pm. Developmental screening, including speech and hearing, is available on-site for children up to 5 years old. Please come and meet service providers to learn about the importance of healthy early childhood development. There will be fun play activities for children. For more information or to book an appointment for your child, please email Christy Anderson, FAN Regional Coordinator at coordinator@familyactionnetwork.ca



QUICK REMINDER: IT'S RADON TESTING TIME

It's that time of year again: time to test your home for radon if you haven't already done so. 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. Homes can be retrofitted to reduce radon levels: but first you'll want to test. Test kits are available as a community service (suggested \$15 donation to cover costs) through our Community Program Office at 1319 Bay Avenue or by calling 250 368-3256 ext. 53257.

HEALTHY FAMILIES HEALTHY HOMES PROGRAM



HEALTHY FAMILIES HEALTHY HOMES PLAYING CARDS

This past summer, we launched our Healthy Families Healthy Homes playing card series to encourage families to reduce dust in the home and yard. Families can play games like “Memory” with the cards and have fun doing the activities – washing hands often, washing fruits and veggies, leaving shoes at the door, damp mopping floors, hosing down outdoor toys & play areas, and grooming pets outside. If you would like a free set of cards, please drop by our Community Program Office at 1319 Bay Avenue or call (250) 368-3256 ext. 53257. Please send us photos (to programs@thep.ca) of your family having fun doing the dust reduction activities.

CARING FOR YOUR THEP GARDEN KIT

At the end of the garden season, we'd like to remind everyone to properly store your outdoor furniture, toys and yard & garden equipment and shut off outdoor water. This helps keep your things in good condition. Garden hoses and water timers need special attention: water left inside the hose or timer can freeze causing cracks that can't be fixed. If you don't detach your hose or properly turn off and drain outside taps, your outdoor (and even interior) pipes could burst as ice in the hose creates pressure throughout the plumbing system.

HERE'S HOW TO DO IT RIGHT:

1. Turn off the outdoor water supply. The shut-off is usually found in the basement or crawl space near the wall where the water goes out. Once the water is off, go back outside, open the valve, drain the tap, and leave it slightly open to keep from freezing.
2. Pull the hose away from the house and straighten it to full length, preferably on a slope, to drain the hose completely.
3. Remove the hose and water timer from the tap and check the rubber washer on the hose for damage; replace washer if needed. Washers are available at garden stores.
4. Roll the hose on its reel or gather it up in loops, taking care to avoid twists or kinks. Start rolling from a higher spot so all the water drains out.
5. Store the hose and water timer indoors, in a basement, garage, or shed. Keep the hose on a reel or hang the loops on a sturdy hook on the wall (not on the floor).



GOOD NEWS STORIES

NEW STREET WASHING IN SUMMER FOR RIVERVALE

The Trail Area Health & Environment Committee (THEC) and THEC member, Linda Worley, Director for RDKB Area B, are pleased to announce a new street washing service for Rivervale. Starting this past August, Emcon is providing an additional street washing during summer using a water truck and pick-up sweeper to remove dust from roadways in Rivervale. This expansion, funded by Teck, complements the dust suppression program already in place within the City of Trail. Linda Worley, Area B Director, notes: “We’re very pleased that Teck is offering summer street-washing for Rivervale. This is an important new service for our community and aligns with the THEC’s mission to promote a healthy environment and the health of residents in our program area”.



TRAIL RESIDENT HAPPY WITH SOIL REMEDIATION

Julie Bobbit, a West Trail resident, recently sent a positive comment about us to Teck’s Public Feedback Line. Julie wanted us to know that she’s very happy with the soil remediation completed in her yard. Here’s the story: Julie used to garden with a variety of containers. She requested soil testing for a piece of ground where she wanted to create some vegetable beds. Based on the soil results and because we couldn’t get our equipment into her yard, we had two raised beds made to fit Julie’s garden space. Here’s a photo of Julie enjoying her summer produce. FYI, we offer raised beds when we can’t access a property with equipment or if the property owner already has raised beds.

