

UPCOMING EVENTS

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 14 (Mon), 16 (Wed), 21 (Mon) and 28 (Mon) from 9:00 a.m. – 4:00 p.m.
September 22 (Tues) & 30 (Wed) from 11:00 a.m. – 6:00 p.m.

AGES & STAGES DAY

The Family Action Network (FAN) is offering a free Ages & Stages Day on Wednesday, September 30 at the Kiro Wellness Centre, 1500 Columbia Avenue in Trail from 10 am to 5:30 pm. Developmental checks, including dental, speech and hearing are available on-site for children up to 5 years old. Come and meet service providers and ask questions about age-based milestones like sleeping, eating, walking, talking and more! There will be fun play activities for children. Pre-registration is a must. For more information or to book an appointment for your child, please call 1-855-368-3707 or email Christy Anderson, FAN Regional Coordinator at coordinator@familyactionnetwork.ca

PARENT CONVERSATION CAFES

Starting in October, the Family Action Network will be creating informal get-togethers, called Conversation Cafes, where parents can connect with other local families on topics of mutual interest to share insights, knowledge and life experiences. The Cafes will be popping up in communities throughout the Lower Columbia. You can sign up for the topics that appeal to you – Enjoying Nature with Kids, Self-Care for Parents, Toddler Talk, Parents of Pre-Schoolers. Light refreshments will be served and childcare is available if requested in advance. Once a number of parents have signed up for a topic, Christy Anderson, FAN Regional Coordinator, will connect with you around dates and times for the two-hour Cafe. To find out more or to sign up, contact Christy at 1-855-368-3707 or email: coordinator@familyactionnetwork.ca



FAMILY HEALTH

NUTRITION TIPS TO REDUCE LEAD ABSORPTION

Good nutrition can help protect children from absorbing lead and other metals. This means regular daily meals including foods rich in iron, calcium and Vitamin C. Foods high in Vitamin C also improve the absorption of iron rich food from plant sources. Children need 3 meals a day as well as 2-3 healthy snacks.

- ➔ Iron-rich foods include lean red meat, chicken, fish, eggs, leafy green vegetables, raisins, whole grains and iron-fortified cereals.
- ➔ Calcium-rich foods include dairy products, leafy greens, almonds, canned salmon, and calcium-fortified whole grains.
- ➔ Vitamin C rich foods include citrus fruits, tomatoes, berries, green and red peppers, broccoli and cauliflower.



HERE ARE SOME IDEAS FOR YOUR MEAL PLAN:

Breakfast

scrambled eggs; iron-fortified cereal;
orange juice; berries; milk

Snack

carrot and red pepper sticks with
hummus or almond butter; kale or
seaweed chips

Lunch

macaroni & cheese with frozen peas;
salmon sandwich; cherry tomatoes;
milk

Snack

whole grain crackers with cheese;
smoothie with plain yoghurt, frozen
fruit and spinach

Dinner

chicken & rice; ground beef &
mashed potatoes; bean burritos;
cooked greens; milk

Snack

sliced fruit, milk (and cookies 😊)

It's important to wash all fruits and vegetables, and always wash your hands before preparing or eating food. Make sure that children wash their hands.

Mealtime is an important family time. Enjoy this time together! Serve meals and snacks at the table rather than "picnic" style on the floor. Keep mealtime calm, and focus on having a nice conversation rather than rushing through the meal or coming and going. Children learn good eating habits early in life and they'll benefit for their whole lifetime.



HOME & GARDEN

LET'S KEEP THE DUST DOWN

One of the most important ways to prevent lead exposure is to keep dust down. We encourage people to damp mop, damp dust and vacuum indoors; hose outdoor surfaces, play areas and toys; and use lead safe home renovation practices. Keeping dust down is especially important if you're doing something that may generate dust, such as using a leaf blower.

The Golden Rule is:

**IF YOU'RE CREATING DUST, STOP!
THEN THINK AND PROTECT.**

This applies to any dust generating activity and any community, not just Trail. The bottom line is that eating or breathing dust is unhealthy.

LET'S WALK THROUGH WHAT THIS MEANS FOR LEAF BLOWERS. *

First, consider if you can rake up the leaves and add them to your compost or use them as mulch on your garden. Another environmentally friendly option is to mulch the leaves into your lawn using a mulching blade on your mower. Why blow dust around?

Next, if you're going to use the blower, be aware of your surroundings. Neighbours and passersby might have dust allergies or respiratory issues. Young children are particularly vulnerable to the effects of lead. Think of your own (or your workers') health: while you shouldn't generate dust if you use these guidelines, the best practice is to wear a dust mask (as well as ear protectors and safety glasses/goggles).

Spray dusty areas before using the blower or wait for a rainy day. Close nearby doors and windows where possible and work at least 10 feet away from any open doors or windows. Never point the blower or blow debris towards people, pets or vehicles. Use the full nozzle extension so the air flow is close to the ground. Start working with the nozzle close to the ground, then slowly raise it, but only to a height where it does not create dust. Learn to control the air flow to lift leaves without lifting dust. Blow debris into a pile that can be collected for disposal to the regional landfill; not onto neighbouring properties, the street, catch basins or gutters.

Never use a leaf blower to move really dusty materials. Instead use a vacuum or power broom with water. For spring cleaning, use brooms, power brooms or rakes.

Do not use leaf blowers to move large mounds of debris. Use rakes or brooms to loosen heavier debris. Blowers are better suited for maintenance after yards have been cleaned of large debris.

** We're not endorsing leaf blowers. They can be controversial due to noise, exhaust emissions and dust. However, if used properly, they can do the job, save time, and, for landscape workers, reduce repetitive strain.*

AIR QUALITY



IMPROVING COMMUNITY AIR QUALITY

Construction on the Smelter Recycle Building at Teck Trail Operations is well under way, as Ken Madson, Clark Builders Superintendent, and Brian Marsh, Teck Lead Projects Superintendent, review drawings.

The building will enclose mixing and storage of in-process materials, reducing total fugitive dust emissions from Trail Operations by an estimated 25%. The building is part of our overall Fugitive Dust Reduction Program. The program is showing initial success, with community air metal results for the first six months of 2015 the lowest for that time period in ten years.



RADON AND INDOOR AIR

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. The best time to test for radon in your home is over 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. Please come in and get one.

