

Spring 2013 Home & Garden Events



We invite you to come and meet our Healthy Home & Garden staff and learn how to keep family members and workers “lead-safe” during home renovations.

If you can't make it to one of our events, please drop by the Community Program Office at 1319 Bay Avenue, weekdays from 8:30 am - 4:30 pm or call us at (250) 368-3256.

Saturday, May 11th

**Community Program Office
Open House**

1319 Bay Avenue, Trail
10:00 am - 2:00 pm

Saturday, May 18th

**Home & Garden Days
Columbia Valley Greenhouses**

Old Waneta Road, Trail
9:00 am - 1:00 pm

Saturday, May 25th

**Home & Garden Days
Home Hardware Building Centre**

Old Waneta Road, Trail
9:00 am - 4:00 pm

Healthy Families Healthy Homes Program

In April 2013, we launched two new programs for families with young children or who are expecting children. Read on for more details, as well as an introduction to our Home & Garden team.



NEW HEALTHY FAMILIES HOME VISITS

Starting in April 2013, Jeannine Stefani, our Public Health Nurse, is offering a free home visit to families in Trail and Rivervale with children under 12 months of age, or whose children were under 12 months at the time their blood lead level was tested last fall. Jeannine's visit will include advice and information on children's healthy development, reducing exposure to lead, and how to access free community programs that strengthen children's development. In addition, Jeannine will be offering a few age-appropriate items, such as drinking cups and floor blankets, to support the children's healthy development. Jeannine will be calling families to set up a visit and, if you're interested, please feel free to contact Jeannine directly at (250) 364-6223 to arrange yours.

MEET THE HOME & GARDEN TEAM

The Home & Garden Team has been busy preparing for this year's soil testing and remediation work as well as launching the new Healthy Homes Program. With this new program, a yard assessment and home visit are being offered to all expectant families and families with children under age 3 in Trail and Rivervale. Please call (250) 368-3256 or drop by the Community Program Office at 1319 Bay Avenue to sign up.



You may already know some of our Home & Garden Team, who are pictured above.

The Home & Garden Team (from L to R): *Andrea, Cindy, Catherine, Julie, Joseph, Bruce.*

Joseph and **Catherine** are responsible for yard assessments that include taking soil samples in yards & gardens and preparing samples for screening and lab analysis.

Andrea and **Cindy** follow-up the yard assessments with a home visit, meeting with families to discuss the soil test results and providing information on how to cover up bare soil and improve ground cover. These visits also include advice and information on how to keep your home healthy and how to do "lead-safe" home renovations.

Bruce oversees the Home & Garden Team and ensures that things run smoothly.

Julie, the newest member of our team, welcomes and assists people who drop by the Community Program Office for home renovation support or to sign up for the Healthy Homes Program.

HOW GREEN IS YOUR GRASS?

Spring is an exciting time of year - a great time to get outdoors and enjoy your yard. It's also a great opportunity to do some lawn care and maintenance to promote a healthy green lawn that will last through the seasons. Not only does a healthy green lawn look great but it also helps reduce lead exposure by reducing the amount of dust that gets tracked into your home.

Many Trail and Rivervale residents have to contend with sandy soil that leaches out moisture and nutrients, making it more challenging to grow grass. To replenish your soil, add 1 inch of well-sifted compost, manure or topsoil to your garden and lawn, a technique commonly referred to as "top-dressing".

HERE ARE A FEW TIPS TO COVER BARE SPOTS AND IMPROVE OVERALL GROUND COVER:

1. Top-dress bare spots and minor depressions on top of existing grass and reseed.
2. Aerate heavily compacted lawns to allow roots room to grow.
3. Sharpen your mower blade so that grass is cut, not torn, when mowing and opt for longer grass rather than cutting too short to keep good coverage in summer.

TIPS TO MINIMIZE DUST TRACKED INTO YOUR HOME

A busy household with many people coming and going from the home may increase the amount of dust tracked into the house. Here are a few easy steps to minimize dust entering your home from foot traffic:

1. Place doormats outside each entrance so that people can wipe their shoes before entering your home.
2. Have everyone remove their shoes at the door or just inside.
3. Create a user-friendly storage area for shoes at the main entrances.
4. Clean high traffic areas with a damp mop and HEPA vacuum frequently.

During a recent home visit, Andrea and Cindy noticed this neat shoe rack that a Trail- area family put together. This homemade shoe rack is a creative use of space in a small yet busy entryway giving the family, big and small, lots of room for all their shoes!



Children's Healthy Development

The Trail Area Health & Environment Program is one of many free programs offered in Trail to support the healthy development of young children. The first few years of life are crucial for influencing a person throughout their entire life. As we all know, children thrive when they feel loved and secure and have their natural curiosity and desire to learn and explore stimulated. The Lower Columbia region is fortunate to have many terrific supports available for families with young children. These include early learning and play groups, literacy programs, childcare options, the library, the aquatic centre, playgrounds, and more.

INFORMATION ON FREE PROGRAMS

Do you know about all of the free programs available in the Trail area to support children's healthy development? If you're not sure, please contact the Childcare Resource and Referral office and ask for a copy of their newsletter. It contains information on the programs available in our community. Please call (250) 364-2980, e-mail ccrr@trailfair.ca or drop by the office at 2079 Columbia Ave. in the FAIR building, from 8:30 am to 5:00 pm Monday to Thursday.

HAVE YOU HEARD ABOUT *FAN*?

FAN, the Family Action Network, is a unique new non-profit organization that aims to further improve and streamline supports for child-friendly community development in the Lower Columbia region. FAN is a regional coalition that includes the organizations that provide services to families, local governments, Teck, and others. If you have young children or grandchildren, you may have seen a questionnaire asking for your ideas about what would make this community even better for your family. FAN is applying for funding from the Columbia Basin Trust to carry out the top priority projects that families have asked for. For more information, please contact **Fiona Mooney** at fiona@inthestreamcoaching.com or (250) 825-4561.

