

CHILDREN'S LEAD TESTING CLINICS

WHEN?*

- Monday September 13**
- Wednesday September 15**
- Tuesday September 21**
- Wednesday September 22**
- Monday September 27**
- Wednesday September 29**

WHO CAN ATTEND?

Children 6-36 months who spend the majority of their day in Trail, Casino, Oasis, Rivervale, Waneta or Warfield.

Children 6-60 months who recently moved to the area, have never been tested, or live in a recently renovated home in the Lower Columbia.

BOOK OR LEARN MORE

Call or text 250-231-5945
Kiro Wellness Centre
1500 Columbia Avenue

*Interior Health Covid-19 Safety protocols will be in place.

WE NEED YOU!

Community participation helps THEP and its committee thrive! Share how community voices can be better represented in THEP at our online committee meetings **September 23rd and November 26th**. Email programs@thep.ca for the link and to make suggestions.



Entry to win a Ferraro Foods gift card for every child!

LEARNING FROM OUR WORK

THEP recently completed a review of the Healthy Families Healthy Homes (HFHH) program from 2013-2019. A key message that emerged from the review is that families who participated in the program feel HFHH services helped them reduce health risks from lead or exposure to lead, and families made changes based on what they learned in home visits.

Thank you to everyone in the community that participated in our survey and interviews!

DID YOU KNOW?

88%

of respondents said they received substantial information from the home visit.

93%

of respondents said that participating in HFHH empowered them to take steps for a healthier family and kid(s).



* Families may participate at any time and will be supported as needed.

Share ideas to improve our programs. Your feedback is always welcome at programs@thep.ca.

Read the full summary online at: thep.ca > Resources > Community Consultation.



"I look at how many services are now available to families in the Trail area and I am proud to have been part of that evolution"

MEET VAL AND CECILEE PITMAN

THEP's public health nurses from past and present

Family health is the heart of the Trail Area Health & Environment Program (THEP), formerly known as Trail Lead Health Services. Cecilee Pitman, the newest public health nurse to join the team, carries on the traditions from her aunt who was one of the program's first nurses. THEP caught up with the two to find out what has changed and what's been learned.

Val shared, "As the health coordinator from 2004-2010, I organized the blood lead clinics, visited families when their blood lead levels were above established thresholds, and provided information to families who were new to Trail. I was also very involved in developing newsletters and brochures, key messaging for radio ads and presenting the data of the blood lead levels to the Trail Area Health & Environment Committee. It was exciting to be part of the continued development of THEP during the years I was the health coordinator. I look at how many services are now available to families in the Trail area and I am proud to have been

part of that evolution. I know Cecilee will be a good fit for this position. She is a good listener, calm and caring, and being a mother herself, she connects well with families."

"It's great to be in the same program my aunt was involved in during the early days. I decided to pursue a career in nursing after spending one of my high school career days shadowing my aunt in her Public Health Nurse role. In my first few months as part of the THEP team, I have come to realize how valuable this program is to our community and how many amazing people are involved. It has been wonderful to learn more about each of the team members' roles. Learning about the history of the program has been fascinating and has reinforced how valuable the work the THEP team is doing is. I look forward to carrying on this important work in our community and supporting Trail to be a welcoming community for families to settle and raise their children!" says Cecilee.

REMEDIATION ACTION

Thank you to all families undergoing remediation this summer. It has been hot and dry making sod harvesting and planting a challenge. Your patience has been appreciated.

This family in Rivervale stands in front of their cherry tree in the back yard (right photo). During remediation, large trees are retained where possible as they help with shade, water retention and erosion control. Sod will be installed to cover the new dirt during wetter conditions.

The photo far right shows a side yard with bark mulch. Ground cover is important to prevent erosion and dust, retain moisture and keep small hands from digging in the soil.



FAQS



IS DRINKING WATER A SOURCE OF LEAD EXPOSURE IN TRAIL?

Lead in drinking water is not considered a source of lead exposure in the City of Trail. The City's drinking water is tested regularly at its two sources, within the distribution system, and confirmed to meet all the Guidelines for Canadian Drinking Water Quality for metals (including lead), chemicals and other potential risks to water quality.

Under certain conditions, lead can leach through building plumbing into drinking water. Older plumbing often contained lead. Stagnant and corrosive water increase risk of leaching lead. If you don't know what kind of pipes you have, this is a helpful online tool to test whether you are likely to have lead water pipes: <https://apps.npr.org/find-lead-pipes-in-your-home/en/#intro>

If you have concerns about lead pipes in your home, you can have your water tested. Flushing stagnant water from pipes can reduce your lead exposure. To flush water, let the cold water tap run until the water turns colder. This should be done before drinking or cooking first thing in the morning or any other time the plumbing system has not been used for several hours.

HealthLinkBC provides additional information on Lead in Drinking Water including how you can protect yourself and family (<https://www.healthlinkbc.ca/healthlinkbc-files/lead-drinking-water>).

ARE THERE OTHER METALS IN TRAIL, BESIDES LEAD, THAT RESIDENTS SHOULD BE AWARE OF?

Risks from metals other than lead have been studied in Trail through human health risk assessment. The most recent study concluded that the risk from metals other than lead is very low to negligible, and that lead reduction should continue to be the main focus for THEP programs.

Ongoing emissions reductions, along with the soil management activities, is further reducing levels of metals in the Trail environment.

Trail area health statistics have been reviewed by the BC Cancer Agency and Ministry of Health. They have not found evidence of increased rates of disease due to metals in the environment.

A SPECIAL NOTE FOR GRANDPARENTS AND CAREGIVERS!

As a grandparent (or caregiver) looking after children in your home, take steps to keep children healthy and safe from lead exposure.



Wash your hands and the children's hands, especially before eating and after playing outdoors.



Keep floors dust free by vacuuming and damp mopping often.



Keep outdoor play areas clean.

As a grandparent or caregiver, you are eligible for FREE soil testing and a FREE healthy families healthy homes visit. Sign up online at thep.ca or call the program office 250-368-3256.

ONE STOP SHOP FOR FAMILY PROGRAMS!



If you are looking for programs or activities to do with your child and to connect with other parents, check out the Family Action Network online calendar.

You can find up-to-date information on StrongStart programs, early years events and even some fee-for-service programming across the region.

Be sure to bookmark the Family Action Network's online calendar to find activities in the region:

familyactionnetwork.ca/calendar



HAVE YOU HAD YOUR SOIL TESTED?

For most people, the risks are low. Bare soils may increase exposure to metals especially to children who are the most vulnerable to the effects of lead.

If you are planning to dig and intend to bring soils to the McKelvey Creek Landfill, soil testing results are required.

Sign up online at thep.ca for FREE soil testing.

We loved meeting you at the downtown Trail incrEDIBLE Market!

Look for our THEP table at more markets this fall. Bring your questions and win prizes!



NEW CHILDCARE CENTER COMING TO TADANAC!

Trail families can look forward to a new licensed child care centre in September, 2022.

"We are extremely grateful for the provincial funding for this much needed facility," said Trail Mayor Lisa Pasin in a release. "Several key local community stakeholders including the Skills Centre, Teck, and Interior Health have been actively pursuing a community childcare initiative for more than three years and we are thrilled to know these efforts will now come to fruition."

The centre will provide 12 infant and toddler spaces, 24 spaces for children aged three years to kindergarten, 10 preschool spaces and 24 school-age spaces. The extended hours will go from 4:30 a.m. to 8 p.m., seven days a week, to meet the needs of parents in the Greater Trail area who work regular, shift, casual and other irregular hours. The Unicorn Childcare Centre is planned for construction in Tadanac at the north end of Kootenay Ave.

For more information:

Visit our Office
1319 Bay Avenue

Call
250-368-3256

Email
programs@thep.ca

Website
thep.ca