Healthy Neighborhoods Program

Working with the Albany County Department of Health and the Rensselaer County Department of Health, Cornell Cooperative Extension Albany County has launched the Healthy Neighborhoods Program. This free health and safety program is available to residents in targeted zip codes in Albany (12202, 12206, 12208, 12209, 12210) and Rensselaer (12180, 12182, 12144) counties. Trained Healthy Neighborhoods Program educators schedule a home visit and identify environmental hazards by asking residents questions from a standardized assessment form. Residents are educated about these concerns and provided referrals and follow up resources. Free cleaning, safety, and health products are also distributed to improve the home living environment. For more information and to schedule a home visit call 518-765-3521 or register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=CCE

Children Lead Poisoning Prevention Program - Free Lead Inspections

Is Your Home Safe? Did you know that lead — a silent threat in older homes — can effect child development? Lead can poison you and your children. Children under six years of age are at the greatest risk for lead poisoning which complicates a child’s growth, behavior, and ability to learn. 90% of the housing stock in 12180, 12182 & 12144 zip codes were built prior to 1970, putting these homes at a higher risk for containing lead. Do you reside in the 12180, 12182 or 12144 zip codes? Do you reside in a home built prior to 1978? Are you concerned about your child being exposed to lead? CCE offers FREE In Home Lead Inspections. If you answered yes to any of the above questions than you should call our partner, the Rensselaer County Department at 518-270-2640 to see if your home qualifies for a lead inspection. All qualified inspections receive free cleaning supplies.

The Asthma Project

Do you or anyone in your home have asthma? Is that person on Medicaid? If you answered yes to both questions, Cornell Cooperative Extension Albany County may have a program to help you... The Asthma Project has trained educators available to identify asthma triggers in your home AND will help to facilitate simple repairs to eliminate these triggers. This is a FREE program if you qualify. If interested or if you have questions, please contact Diane at 765-3521 or by email at dfhp@cornell.edu

Healthy Neighborhoods Program

Working with the Albany County Department of Health and the Rensselaer County Department of Health, Cornell Cooperative Extension Albany County has launched the Healthy Neighborhoods Program. This free health and safety program is available to residents in targeted zip codes in Albany (12202, 12206, 12208, 12209, 12210) and Rensselaer (12180, 12182, 12144) counties. Trained Healthy Neighborhoods Program educators schedule a home visit and identify environmental hazards by asking residents questions from a standardized assessment form. Residents are educated about these concerns and provided referrals and follow up resources. Free cleaning, safety, and health products are also distributed to improve the home living environment. For more information and to schedule a home visit call 518-765-3521 or register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=CCE

Children Lead Poisoning Prevention Program - Free Lead Inspections

Is Your Home Safe? Did you know that lead — a silent threat in older homes — can effect child development? Lead can poison you and your children. Children under six years of age are at the greatest risk for lead poisoning which complicates a child’s growth, behavior, and ability to learn. 90% of the housing stock in 12180, 12182 & 12144 zip codes were built prior to 1970, putting these homes at a higher risk for containing lead. Do you reside in the 12180, 12182 or 12144 zip codes? Do you reside in a home built prior to 1978? Are you concerned about your child being exposed to lead? CCE offers FREE In Home Lead Inspections. If you answered yes to any of the above questions than you should call our partner, the Rensselaer County Department at 518-270-2640 to see if your home qualifies for a lead inspection. All qualified inspections receive free cleaning supplies.

The Asthma Project

Do you or anyone in your home have asthma? Is that person on Medicaid? If you answered yes to both questions, Cornell Cooperative Extension Albany County may have a program to help you... The Asthma Project has trained educators available to identify asthma triggers in your home AND will help to facilitate simple repairs to eliminate these triggers. This is a FREE program if you qualify. If interested or if you have questions, please contact Diane at 765-3521 or by email at dfhp@cornell.edu

Cornell Cooperative Extension of the Capital Region - Helping New York’s Capital Region Improving Lives and Communities

To get a complete list of all Cornell Cooperative Extension’s programs and events in the Capital Region please go to: http://ccecapitalregion.org/
Find us on: Facebook - https://www.facebook.com/CCECapitalRegion
OR
Twitter - https://twitter.com/CCECapitalReg

*Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

CCE IN YOUR COMMUNITY

Albany, Columbia & Greene, Fulton & Montgomery, Rensselaer, Saratoga, Schenectady, Warren, Washington Counties

CALENDAR OF EVENTS

DECEMBER 2017

12/1/2017 8:00 AM - 4:00 PM 2nd Annual Cut Flower Conference - This event is of interest to cut flower growers in the Capital Area. For an agenda and other event details go to http://bit.ly/2tnzqfg. Cost: $45.00 per person - includes lunch at the Carriage House Restaurant. Register online at https://reg.cce.cornell.edu/cufower2_201. For registration information, contact Tove at cce-caahop@cornell.edu or 518-765-3516.

12/2/2017 9:00 AM - 3:30 PM Swag Making Workshop - Stop by the Master Gardener table at the annual Christmas in Warrensburg festival. Volunteers will be there to teach you how to make you very own evergreen swag to decorate your home for the holidays. This event is free and appropriate for children or adults! For more information contact Catherine Martin at 518-623-3291.

12/2/2017 1:00 PM - 2:30 PM Building a Community Legacy Together – Lessons Learned - 4-H teen members from Columbia & Greene Counties will present the lessons and wisdom they gathered through interviews with older community members. The teens created questions that would elicit from each of the elders their advice for living or thoughts and recommendations about how to live a happy life. Come meet the teens and elders and gather some tidbits of advice that may help you live a happier life. This is all part of a larger research project led by the Cornell Institute for Translational Research on Aging and is based on the success of the Cornell Legacy Project. For more information about this free program call 518-622-9920 x0.

12/3/2017 1:00 PM - 5:00 PM Basic Air Rifle – MUST be an enrolled 4-H member and must be 9-18 years of age. Fee $5. The program will cover basic firearms safety and review the basic parts and functions of our .177 caliber air guns. The group will start from a bench rest position to teach you how to make you very own evergreen swag to decorate your home for the holidays. This event is free and appropriate for children or adults! For more information contact John Bowe at 518-765-3521.

12/3/2017 1:00 PM - 5:00 PM Agriculture Tax Workshop - Tax preparation is quickly approaching. Informational meeting brought to you by Cornell Cooperative Extension of Saratoga County and Farm Credit East. Workshop topics include: Depreciation, Self-Employment Tax, NYS Farmer Credits, and Business planning and analysis. Call to register as there will be a limited number of seats. Cost $5.00 per person call to register 518-885-8995.

12/4/2017 6:00 PM - 9:00 PM EPA’s Lead Renovation, Repair, and Painting (RRP) Initial Training - The federal Renovation Repair & Painting Rule (RRP) requires that anyone who is paid to perform work that disturbs paint in housing & child occupied facilities built before 1978 be trained & certified as a renovator. RRP Initial classes are 8 hours and include a light breakfast and lunch. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County’s website at http://www.ccealbany.com/ and can be faxed or mailed. NYS code officials successfully completing CCE Albany County’s 8 hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information, contact Ali at 518-765-3525. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=CC.

12/5/2017 7:45 AM - 4:30 PM Swag Making Workshop - The Master Gardeners will visit the Glens Falls Senior center to lead a swag-making activity. We will go over how to make and wire bows as well as swags. Attendees will be able to take home a holiday decoration for their front door, inside or out! The event is free, but pre-registration with the Glens Falls Senior Center is required. Call 518-793-2180 to register.

12/5/2017 1:00 PM - 2:30 PM 2017 Swag Making Workshop - The Master Gardeners will visit the Glens Falls Senior center to lead a swag-making activity. We will go over how to make and wire bows as well as swags. Attendees will be able to take home a holiday decoration for their front door, inside or out! The event is free, but pre-registration with the Glens Falls Senior Center is required. Call 518-793-2180 to register.
**CAPITAL REGION CORNELL COOPERATIVE EXTENSION ● CALENDAR OF EVENTS continued...**

**12/11/2017 - 12/15/2017**

**Spartan Strong** - During this fun-filled, after-school program, participants will learn about nutrition and health, make and try new recipes, learn basic kitchen skills, and participate in fun, physical-activity-based games. For more information, please contact Mary Beth Mitcham at mem467@cornell.edu or call 518-668-4881.

**Fermentation for Winter** - Learn all about fermentation and how to safely prepare your own fermented products. This is a hands-on with lunch, then Aaron Gabriele will discuss basic biology and identification; practice using a hand lens to look at insects if you like. Cost is $25.00 per person. To register online https://reg.cce.cornell.edu/Fermentation_210 or call 518-622-9262 x130.

**12/12/2017 - 12/16/2017**

**Holiday Greening & Wreath Making Workshop** - Includes: wreath frame, mixed greens, wire, & velvet ribbon to make a bow. *Extra Decorations will be available to purchase or bring your own. Bring: Your own clippers, gloves, cutters if desired. We will have some to share. Cost is $25.00. Pre-registration required by Monday, December 4th by calling 518-765-3500.

**12/17/2017 - 12/21/2017**

**EPAnation Lead Inspector Training & EPA Lead Risk Assessor Training** - Lead Inspector Initial Certification (24 hours) - This Lead Inspector initial training provides information for those who perform lead-based paint inspections & clearance examinations on abatement & renovation projects. Inspectors will learn the legal obligations & Home Access Assessment, we will teach the legal obligations & proper procedures that inspectors will follow. Individuals will learn to determine whether or not lead-based paint or other lead hazards are present in sufficient quantities to require abatement. Training includes hands-on exercises & an exam. Lead Risk Assessor Initial Certification (16 hours) - This Lead Risk Assessor training is designed specifically for those individuals who wish to perform hands-on lead-based paint inspections using visual & screening services. The class meets EPA's training requirements & will provide training to prepare participants to perform on-site inspection, take samples, determine the severity of lead hazards, & develop options for eliminating those hazards. Training includes hands-on exercises & an exam. Registration information: http://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?dept=201. Registration online https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?dept=201. For more information contact Aaron Gabriel 518-380-1496.

**12/18/2017 - 12/22/2017**

**Food, Fun, and Fitness** - During this program, participants will learn about nutrition and health, make and try new recipes, and participate in fun, physical-activity-based games. For more information, please contact Mary Beth Mitcham at mem467@cornell.edu or call 518-668-4881.

**12/19/2017**

**EPAnation Lead Renovation, Repair, & Painting (RRP) Initial Training** - The federal Renovation Repair & Painting Rule (RRP) requires that anyone who is paid to perform work that disturbs paint in housing & child occupied facilities built before 1978 be trained & certified as a residential renovator. This 24 hour class meets EPA's training requirements & will prepare students to perform on-site inspection, take samples, determine the severity of lead hazards, & develop options for eliminating those hazards. Training includes hands-on exercises & an exam. Registration information: http://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?dept=201. For more information contact Aaron Gabriel 518-380-1496.

**12/23/2017 - 12/27/2017**

**EPAnation Lead Renovation, Repair, & Painting (RRP) Refresher Training** - Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course to continue working. RRP Refresher classes are 4 hours & include a light breakfast. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County’s website at http://www.coesaeany.com/ & can be faxed or mailed. NYS code officials successfully completing CCE Albany County’s 8 hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information, contact Al at 518-765-3529. Registration online at https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?dept=201.

**12/28/2017 - 1/1/2018**

**Food, Fun, and Fitness** - During this program, participants will learn about nutrition and health, make and try new recipes, learn basic kitchen skills, and participate in fun, physical-activity-based games. For more information, please contact Mary Beth Mitcham at mem467@cornell.edu or call 518-668-4881.

**12/29/2017**

**EPAnation Lead Renovation, Repair, & Painting (RRP) Refresher Training** - Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course to continue working. RRP Refresher classes are 4 hours & include a light breakfast. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County’s website at http://www.coesaeany.com/ & can be faxed or mailed. NYS code officials successfully completing CCE Albany County’s 8 hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information, contact Al at 518-765-3529. Registration online at https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?dept=201.

**12/30/2017 - 1/3/2018**

**EPAnation Lead Renovation, Repair, & Painting (RRP) Refresher Training** - Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course to continue working. RRP Refresher classes are 4 hours & include a light breakfast. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County’s website at http://www.coesaeany.com/ & can be faxed or mailed. NYS code officials successfully completing CCE Albany County’s 8 hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information, contact Al at 518-765-3529. Registration online at https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?dept=201.

**12/31/2017 - 1/4/2018**

**EPAnation Lead Renovation, Repair, & Painting (RRP) Refresher Training** - Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course to continue working. RRP Refresher classes are 4 hours & include a light breakfast. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County’s website at http://www.coesaeany.com/ & can be faxed or mailed. NYS code officials successfully completing CCE Albany County’s 8 hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information, contact Al at 518-765-3529. Registration online at https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?dept=201.

**1/5/2018 - 1/9/2018**

**Food, Fun, and Fitness** - During this program, participants will learn about nutrition and health, make and try new recipes, learn basic kitchen skills, and participate in fun, physical-activity-based games. For more information, please contact Mary Beth Mitcham at mem467@cornell.edu or call 518-668-4881.

**1/10/2018 - 1/14/2018**

**EPAnation Lead Renovation, Repair, & Painting (RRP) Refresher Training** - Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course to continue working. RRP Refresher classes are 4 hours & include a light breakfast. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County’s website at http://www.coesaeany.com/ & can be faxed or mailed. NYS code officials successfully completing CCE Albany County’s 8 hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information, contact Al at 518-765-3529. Registration online at https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?dept=201.

**1/15/2018 - 1/19/2018**

**EPAnation Lead Renovation, Repair, & Painting (RRP) Refresher Training** - Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course to continue working. RRP Refresher classes are 4 hours & include a light breakfast. There is no cost to attend but pre-registration is required. Registration forms can be found on CCE Albany County’s website at http://www.coesaeany.com/ & can be faxed or mailed. NYS code officials successfully completing CCE Albany County’s 8 hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information, contact Al at 518-765-3529. Registration online at https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?dept=201.