



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=201.

Childhood 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 Health 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 dfp46@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://ccecapiatregion.org/>

Find us on: Facebook - <https://www.facebook.com/CCECapitalRegion>
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"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

FEBRUARY 2018

1/27, 2/3, 2/10, 2/17, 2/24/2018	9:30 AM - 2:00 PM	Managing for Today and Tomorrow, a Course for Farm Women - This workshop series is designed for farm women to learn about business, estate, retirement and succession planning from Extension Educators and area professionals. In addition to presentations, there will be discussions based on participant questions and follow-up activities for family members to complete at home. \$100 per person. Course size is limited, so please register soon. A grant has been applied for to reimburse up to 20 participants their full registration fee. For more information email Steve Hadcock, seh11@cornell.edu .	Victor Lodge 1535 NY Rte 67 Schaghticoke, NY 12154
2/1/2018	6:30 PM - 8:00 PM	New ADK Guides Orientation - The annual orientation for prospective and new members of the ADK Guides. Current 4-H membership is required for participation in this event, and pre-registration is required. For more information, please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
02/05/2018	7:45 AM - NOON	EPA's Lead Renovation, Repair, and 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 and 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.ccealbany.com/ and can be faxed or mailed. For more information, contact AI at ARK249@cornell.edu or call him 518-765-3529. Register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Steinmetz Homes Community Room S120 Emmons Street Schenectady, NY 12304
2/06/2018	7:45 AM - 4:30 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 and child occupied facilities built before 1978 be trained and 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 AI at ARK249@cornell.edu or 518-765-3529. Register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Educational Opportunity Center (EOC) 431 River Street Troy, NY 12180
2/6/2018	1:00 PM - 2:00 PM	Gardening with Arthritis - Gardening can be a great source of food, relaxation, and recreation for many. Unfortunately, arthritis can get in the way of this activity. In this program, Catherine will share ideas on how to mitigate arthritis pain and reduce your chance of injury while still being able to enjoy this healthy hobby. For more information contact the Glens Falls Senior Center 518-793-2189.	Glens Falls Seniors 380 Glen St. Glens Falls, NY 12801
2/7/2018	6:00 PM - 7:30 PM	Fishing for Health - You must be a CDPHP member and register for this class directly through CDPHP at https://www.cdphp.com/members/classes-and-events/programlist .	Hannaford Supermarket 900 Central Ave. Albany, NY 12206

CAPITAL REGION CORNELL COOPERATIVE EXTENSION • CALENDAR OF EVENTS continued...

2/7/2018	6:30 PM - 8:00 PM	Successful Secondhand Shopping & Selling - Shopping secondhand is one great way to extend your purchasing power from clothing and furniture to electronics and kitchenware. It takes some extra time, planning and persistence but in the end you can really rack up some savings. This workshop will look at the different types of secondhand stores, provide shopping and selling tips, suggest ways to dress or spruce up thrift store finds, and share the top 10 items you should buy/sell secondhand. Cost: \$7.00 per person/ \$12.00 per household. Register by February 5th online at https://reg.cce.cornell.edu/Secondhand_210 or call 518-828-3346 x 0.	Cornell Cooperative Extension Columbia & Greene Counties 479 Route 66 Hudson, NY 12534
2/8/2018	6:00 PM - 8:00 PM	Movie Night: America's First Forest – Carl Schenck & the Asheville Experiment - This movie tells the story of how millionaire George Vanderbilt's magnificent Biltmore Estate in Asheville, NC, became the "Cradle of Forestry in America." Using landscape architect Frederic Law Olmsted's visionary idea of introducing sustainable forestry to America.	Cairo Public Library 15 Railroad Avenue Cairo, NY 12413
2/9/2018	9:30 AM - 3:30 PM	4th Annual Hudson Valley Value-Added Grain School - Registration & Trade Show Begin at 8:30 am. Program: 9:30 am to 3:30 pm Theme: Supplying Local Grains to Local Artisan Bakers. Registration coming soon and will be found at http://ulster.cce.cornell.edu . Check out these links about our Grain School speakers: http://www.redhenbaking.com/news/a-visit-to-quebec/ ; http://www.redhenbaking.com/ ; http://www.ogrin.org/ The Mill of Le Cedres (Loic Dewavrin), https://www.facebook.com/Le-Moulin-des-C%C3%A8dres-272166389463484/ . For more information contact Aaron Gabriel at 518-380-1496 or adg12@cornell.edu .	Pegasus Restaurant 10885 Rte 9W Coxsackie, NY 12051
2/9/2018	1:00 PM - 3:00 PM	Chain Saw Safety Introduction - Mike Burns from Professional Forestry Services will present an instructional program for the occasional chain saw user on safe operation and risk mitigation. This session is intended to be an introduction to chain saw use and is not adequate preparation for felling standing trees. Participants will not be using a chain saw as part of the workshop. This workshop is free and is underwritten by New York Center for Agricultural Medicine and Health. Register online by February 2nd at https://reg.cce.cornell.edu/chainsawsafe_210 or call 518-622-9820 x0.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
2/10/2018	10:00 AM - 12:30 PM	Drying Using a Food Dehydrator - Learn how to safely preserve food using a food dehydrator. We will discuss how to safely use the equipment and what foods can be safely dehydrated. Participants will be able to taste samples of dehydrated foods. Cost: \$22.00 per person. Register by February 7th online at https://reg.cce.cornell.edu/dehydrator_210 or call 518-622-9820 X 0.	Cornell Cooperative Extension Columbia & Greene Counties 479 Route 66 Hudson, NY 12534
2/14/2018	7:45 AM - 4:30 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 and child occupied facilities built before 1978 be trained and 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 AI at ARK249@cornell.edu or 518-765-3529. Register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Steinmetz Homes Community Room S120 Emmons Street Schenectady, NY 12304
2/14/2018	1:30 PM - 2:30 PM	Heart-Healthy Diets - Come and join us for a heart-healthy presentation, as part of a celebration day of heart health. For more information, please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Glens Falls Seniors 380 Glen St. Glens Falls, NY 12801
2/14 & 2/15 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 Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	North Warren Central School Route 8 Chestertown, NY 12817
2/15/2018	6:30 PM	Free Presentation about the Hudson River Fish Advisory for the Science Club. All are welcome to attend. RSVP to the Watervliet Public Library 518-274-4471.	Watervliet Public Library 1501 Broadway, #1 Watervliet, NY 12189
2/16/2018	9:00 AM - 4:00 PM	Log-Grown Shiitake: Economics & Management for a Profitable Crop - The cultivation of shiitake mushrooms offers farmers & woodlot owners a good opportunity to utilize their forested lands while turning a profit. Startup costs are low, & previous Cornell research indicates that profitability can be achieved in the second or third year of dedicated production. As with any farming venture, viability is achieved with good business planning & attention to strategies which minimize costs & optimize efficiency. The workshop content will cover aspects of production important to selling mushrooms in NY, including safety, sanitation, marketing, & regulations. Cost is \$30/person includes lunch and handouts. Register online at www.cornellmushrooms.org/viability . For more information contact Tracey Testo 518-622-9820x41.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
2/20 & 2/21 2018		2018 Eastern New York Fruit & Vegetable Conference - Hosted by the CCE Eastern New York Commercial Horticulture Program. This two day conference combines all of ENYCHP's traditional fruit and vegetable meetings into one large event in the Capital Region. Sessions will include two full days of tree fruit programming, one day of vegetable programming, a half day berry session and a half day business management session. Register before February 13th for a reduced rate! Hot Lunch and admission to the trade show are included with the registration fee. DEC Credits will be available in the Tree Fruit, Vegetable, & Small Fruit Sessions. Pre-register before February 13th online at enych.cce.cornell.edu/events.php . For more information contact Abigail Henderson at 518-746-2553.	Desmond Conference Center 660 Albany Shaker Road Albany, NY 12211
2/21/2018	7:45 AM - 4:30 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 and child occupied facilities built before 1978 be trained and 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 AI at ARK249@cornell.edu or 518-765-3529. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Albany Community Development Agency 200 Henry Johnson Blvd. Albany, NY 12210
2/21/2018	6:30 PM - 8:00 PM	Successful Secondhand Shopping & Selling - Shopping secondhand is one great way to extend your purchasing power from clothing and furniture to electronics and kitchenware. It takes some extra time, planning and persistence but in the end you can really rack up some savings. The same applies for selling no longer needed items via secondhand outlets, too. This workshop will look at the different types of secondhand stores, provide shopping and selling tips, suggest ways to dress or spruce up thrift store finds, and share the top 10 items you should buy/sell secondhand. Cost: FREE. Register by February 20th online at https://reg.cce.cornell.edu/secondhand2_210 or call 518-828-3346 x 0.	Nassau Free Library 18 Church Street Nassau, NY 12123
2/23/2018	7:45 AM - NOON	EPA's Lead Renovation, Repair, and 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 and 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.ccealbany.com/ and can be faxed or mailed. For more information, contact AI at ARK249@cornell.edu or call 518-765-3529. Register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Albany Community Development Agency 200 Henry Johnson Blvd. Albany, NY 12210
2/27 & 2/28 2018		Food Smart - 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 Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Big Cross School 15 Big Cross Street Glens Falls, NY 12801
2/27 & 2/28 2018		ADK Explorers Program at Big Cross - During this after-school program, participants will either participate in a group snowshoe, learning about local trails and the importance of physical activity, or will make Valentine's Day cards for local senior citizens. For more information, please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Big Cross School 15 Big Cross Street Glens Falls, NY 12801
2/28/2018	10:00 AM - NOON	Window Replacement Workshop - This class is designed to teach landlords, homeowners, tenants, and contractors how to replace old windows using lead safe work practices. Workshop topics related to window replacement will include lead poisoning prevention education, tools needed, cost benefits, and energy savings. Educational resources and free cleaning supplies will be provided to all participants. No charge for the class however pre-registration is required. Register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 or by phone at 518-765-3529.	Capital South Campus Center 20 Warren St. Albany, NY 12202
3/1/2018	8:00 AM - 4:00 PM	Pesticide Recertification Day - General Classes for CORE credit, presented in the morning session, will include Wild & Honey Bee Biology & Health, Invasive Pests, Oh My! and DEC Update. In the afternoon, participants have a choice of three breakout sessions: Ornamentals & Turf, Agriculture Plant & Structural & Rodent, where they may gain additional pesticide credits in these specific categories. Speakers at the General Morning Session will include Maria van Dyke of Cornell University, Margaret Kelley from NYS Ag & Markets & Mark Solan from New York State DEC. In the afternoon, Joellen Lampman of the NYS Integrated Pest Management Program will speak during the Ornamentals & Turf breakout session. Aaron Gabriel & Laura McDermott of CCE will speak during the Agriculture Plant breakout session while Matt Frye of NYS IPM & Jody Timer of CCE will be speaking during the Structural & Rodent breakout session. \$100.00 per person to attend all day; morning or afternoon classes are \$85.00 per person. Payment for this event is required in advance. Lunch is included in all fees. Register online at http://bit.ly/2B85gsV . Pre-registration for is mandatory. Credits will not be awarded if a pesticide certification number is not provided in advance. It is also required that you present your pesticide license at the event. For more information contact Tove Ford at 518-765-3518.	The Century House 997 New Loudon Road Latham, NY 12110