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: http://ccecapitalregion.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.”

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, 12080, 12091, 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 affect 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. Most 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 765-765-3521 or by email at dph6@cornell.edu

CCE IN YOUR COMMUNITY

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

CALENDAR OF EVENTS

May 2018

5/1/2018 7:45 AM - 12:00 PM EPA’s 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.ccealbany.com & can be faxed or mailed. For more information contact Al 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.

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Living Improves and Communities

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5/1/2018 1:00 PM - 3:00 PM Improved Foreage Quality – Increased Profitability - Join Livestock Specialist Ashley McFarland & Field Crop Specialist Kevin Gance for a discussion on how to better utilize forages to make your livestock production more profitable. Agenda: What are my animals nutrient requirements? What is quality forage? Cutting management to achieve the desired forage quality. Maximizing profitability by feeding forages. Cost is $10 per farm. Pre-registration is required. Registration must be received in the office by one week prior to meeting date. Registration allows us to communicate any cancellations or changes in arrangements call 518-885-6995.

Cornell Cooperative Extension Saratoga County

50 West High Street
Bailston Sta, NY 12020

5/2, 5/3, 5/9, 5/10 2018 Food, Fun, & 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 regarding this program contact Marybeth Mitcham 518-623-3291.

North Warren Central School
Route 2
Chestertown, NY 12817

5/3, 5/10, 5/17, 5/24, 6/1 5/30 PM - 8:00 PM Strengthening Families Program - Youth Ages 12-16 and Parents/Caregivers - The Strengthening Families Program is a fun, interactive series of workshops that allow parents/caregivers to spend special time with their youth and help him/her be successful in the teen years. During each session, parents/caregivers and their youth will learn ways to build on existing strengths, improve communications skills, and have fun together as a family. Dinner is provided at each workshop, and each family will win a family fun gift basket during the course of the series. All participants receive a certificate upon successful completion of the program. Advanced registration is required by contacting Maria DeLucia-Evans at 518.765.3559 or mde59@cornell.edu.

The Howe Branch of the Albany Public Library
105 Schuyler St.
Albany, NY 12210

5/5/2018 Map and Compass - Come and learn about navigational skills, and learn how to read and use a map and compass! This interactive class, open to all enrolled 4-H members and their families, will provide participants with important skills with which they can confidently navigate through the outdoors. There is no cost for this program, but pre-registration is required. For more information regarding this program contact Marybeth Mitcham 518-623-3291.

Cornell Cooperative Extension Warren County
377 Schroon River Road
Warrensburg, NY 12885

5/8/2018 EPA’s 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 renovator. Registration forms can be found on CCE Albany County’s website at http://www.ccealbany.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 ARK249@cornell.edu or call him 518-765-3529. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201.

Educational Opportunity Center (EOC)
431 River Street
Troy, NY 12180
5/18/2018
6:00 PM - 9:00 PM
Parenting Apart - A parent program designed specifically for parents who are separating, divorcing, or parenting apart from their children. The main emphasis is on helping parents understand each other and how they can help each other through this transition. Pre-registration required by calling CCE Warren County 518-665-4851.

5/22/2018
9:00 AM - 3:00 PM
Garden Education Day - The Master Gardener Volunteers (MGVs) of Albany County invite you to come rain or shine to our annual Garden Education Day. We will be offering FREE Mini-Workshops and have Educational Displays on topics including: Identification of the Asian Jumping Worm and Invasive Species; Container Vegetable, Herb & Annual Gardening; Companion Planting in Home Gardens. MGVs will be on site selling annuals, herbs, house plants, and some perennials. In light of the appearance of the extremely invasive Asian Jumping Worm in the Capital District, MGVs will not be digging up perennial plants from their gardens to sell, as the Master Gardener Volunteers cannot guarantee that these plants will not spread he worms to the buyers’ gardens. In addition to the Plant and Garage Sale, MGVs will be selling gardening books, seeds, tools, and baked goods. This annual event is the primary fundraiser which supports the MGVs community education programming. For more information contact Carrie Henry 518-755-3516.

5/22/2018
9:00 AM - 6:00 PM
EMA’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 Cornell Cooperative Extension Albany County’s website at http://www.ccealbany.com/ and can be faxed or mailed. New York State code officials successfully completing Cornell Cooperative Extension 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 ARK249@cornell.edu or call him 518-765-3529. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201.

5/23/2018
9:00 AM - 6:00 PM
EMA’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. There is no cost to attend but pre-registration is required. Register by calling Art Wheaton 716-775-7033.

5/23/2018
7:45 AM - 4:30 PM
Mediterranean Cooking Class - The cooking and eating habits of residents of the Mediterranean region have been garnering some attention of late, due to the notable health benefits associated with consumption of their traditional foods. Come and learn more about Mediterranean diets, as we talk and cook through a fun, interactive hour and a half program that will also include a sampling of a Mediterranean dish! There is no cost for this program, but pre-registration is required. For more information, or to register for this program, please contact Marybeth Mitcham at mem456@cornell.edu or 518-623-3201.

5/25/2018
3:00 PM - 7:30 PM
Gardening 101 - A parent program designed specifically for parents who are separating, divorcing, or parenting apart from their children. The main emphasis is on helping parents understand each other and how they can help each other through this transition. Pre-registration required by calling CCE Warren County 518-665-4851.

5/27/2018
7:45 AM - 4:30 PM
Successful Garage Sale Tips - Now that you’ve cleaned out your attic, basement, closets and cupboards, it’s time to hold that garage sale. If you’ve always wanted to hold a sale but weren’t sure how, this is the program for you. Topics to be covered include how to get started, when to hold a sale, how to select and price items, how to display your tips, post signs to stay away during your sale, ideas on how to dispose of unsold items will also be discussed. Cost: FREE. Register by May 7th online https://reg.cce.cornell.edu/GarageSale2018_201... or call 518-629-3346 x100.

Nassau Free Library
18 Church Street
Nassau, NY 12133

Fonda Fairgrounds
Entertainment Building
2125 South Bridge Street
Fonda, NY 12090

Albany County
Environmental Agency
200 Henry Johnson Blvd.
Albany, NY 12210

Cornell Cooperative Extension
Warren County
377 Schroon River Road
Warrensburg, NY 12885

CCE Schenectady County
Sustainable Living Center
180 Pit. Arthur Chaires Drive
Schenectady, NY 12309

Montgomery County
Public Health
20 Park Street
Fonda, NY 12096

Steinmetz Homes
Community Room
210 Edmousen Street
Schenectady, NY 12304

TBD
Lake George/Queensbury
Warren County

Steinmetz Homes
Community Room
210 Edmousen Street
Schenectady, NY 12304

CEO JBL Community Resource Center
2328 Fifth Avenue
Troy, NY 12180