



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://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

SEPTEMBER 2018

9/4/2018	12:00 PM - 1:30 PM	Mediterranean Diet for Heart & Brain Health - Cost is \$15 call 518-899-4411 to preregister. Contact Diane Whitten for more information about this program 518-885-8995.	Malta Community Center 1 Bayberry Drive Ballston Spa, NY 12020
9/6/2018	5:30 PM - 8:30 PM	Canning Salsa & Tomatoes -This class will cover the basics of canning in a boiling water bath, including equipment needed. Also learn how to can whole and diced tomatoes, plus make salsa. Participants will make and take a jar of salsa home. Cost is \$20.00. Call 518-885-8995 to preregister.	Cornell Cooperative Extension Saratoga County 50 West High Street Ballston Spa, NY 12020
9/7/2018	11:00 AM - 12:00 PM	Diabetes Support Group - Contact Diane Whitten for more information about this program 518-885-8995.	Halfmoon Senior Center 287 Lower Newtown Rd Waterford, NY 12188
9/8 & 9/9 2018	10:00 AM - 6:00 PM (Saturday) - 11:00 AM - 3:00 PM (Sunday)	Waterford Tugboat Roundup - Hudson River Fish Advisory - Free community event. Contact Diane Whitten for more information about this program 518-885-8995.	Waterford Harbor One Tugboat Alley Waterford, NY 12188
9/8/2018	6:00 PM - 8:00 PM	"Taste of Twin Counties" Dinner - Our Annual Fall Fundraising Event – Featuring Food from Local Farms! - We're excited to share the details of our 2018 Fundraising Event! This year our annual dinner will be held at the beautifully renovated venue, Joe's Garage on Main Street in Catskill. A Mediterranean-themed dinner, featuring products from local farmers, will be prepared by Chef Salah of 394 Main Mediterranean Bistro. The menu includes: Quartered Braised Chicken with lemon and garlic; Roast Prime Rib carving station; Mushroom and Spinach White Lasagna; Au gratin Potatoes; Seasonal fresh vegetable; Mediterranean Salad station; Seasonal assorted dessert station. Live music by the Hilltown Ramblers and prizes will be part of the fun too! The cost is \$80 per person or \$150 for two. Seating is limited so make your reservations soon by using this link to our registration site https://reg.cce.cornell.edu/TasteTwinCounties_210 or by calling either office 518-622-9820 or 518-828-3346 to request a form. We are still accepting sponsorships for the event. Learn how your business can benefit on the Sponsorship Form. Any questions? Please contact Angela Tallarico, 518-622-9820 x101 or amt18@cornell.edu .	Joe's Garage 443 Main Street Catskill, NY 12414

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

9/9/2018	11:00 AM - 3:00 PM	Family Farm Day! - Using the most modern practices in the beef industry, you and your family can experience what it is like to be on a working farm! Check out what a modern beef farm looks (and smells!) like, check out the tractors and equipment used on the farm, learn about honey and maple, sample some delicious food, and visit with baby calves. Experts will answer all your questions as you take a walking tour of the farm. Snap a picture sitting on a tractor, weigh the whole family on a scale specially made for cows, enjoy local agricultural products, and have a hot dog or hamburger with Berne and Knox Fire Departments. Experience agriculture with Cornell Cooperative Extension Albany County and the Tommell Cattle Company. This event is FREE and open to the public and will be held rain or shine! This event wouldn't be possible without generous donations from our sponsors: Chobani, the Honest Weight Food Co-Op, Big John's Portable Toilets, Cargill, Albany County Farm Bureau, Farm Credit East, John Ray and Sons, and Stewart's Shops. Please contact Cornell Cooperative Extension Albany County with any questions at 518-765-3500 or arp253@cornell.edu.	Tommell Cattle Company 142 Rock Road, Berne NY 12023
9/11/2018	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. 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 or 518-603-4702 or contact Nancy at NKL1@cornell.edu or call her at 518-765-3521. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	CEO JLB Community Resource Center 2328 Fifth Avenue Floor 3 Troy, NY 12180
9/11 - 9/13 2018	8:30 AM - 4:30 PM	Master Food Preserver Training - Join the CCEs Master Food Preserver's Certification Program and become an expert on how to preserve food. The trend toward local foods and concern over where our food comes from has led to a resurgence of interest in home food preservation. CCE has a long history of being a trusted and reliable source of information and education on this topic. The goal of the Master Food Preserver workshop is to train others so they have the knowledge and confidence to teach home food preservation. The Master Food Preserver program of CCE Saratoga County is taught by Diane Whitten, CCE Saratoga County & Judy Price, retired from CCE Monroe County. Register online https://reg.cce.cornell.edu/masterfood_245 or call 315-539-9251 for more information.	Fayette Fire Station 4200 NY-414 Seneca Falls, NY 13148
9/11/2018	5:30 PM - 8:30 PM	Preserve the Bounty – Pickling and Fermented Foods - Get a start on how to pickle vegetables and can them. Introduction to fermentation of foods. Make quick pickles and take a jar home. Cost is \$20. Discount of \$5 when you sign up for a second class. Class size is limited. RSVP to Karen Roberts Mort at kem18@cornell.edu and send payment to CCE Albany, 24 Martin Road, Voorheesville, NY 12186 so that it is received by 9/7. Questions call 518-765-3552.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
9/14/2018	7:45 AM - 12:00 PM	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 Al at ARK249@cornell.edu or call him 518-765-3529 or 518-603-4702 or contact Nancy at NKL1@cornell.edu or call her at 518-765-3521. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	CEO JLB Community Resource Center 2328 Fifth Avenue Floor 3 Troy, NY 12180
9/16/2018	11:00 AM - 4:00 PM	Introduction to Food Preservation - Learn the basics of boiling water bath canning, jam and jelly making, pickling, fermenting foods, freezing and dehydration with hands-on opportunities and demonstrations. Cost \$35. Class size limited. RSVP to Karen Roberts Mort at kem18@cornell.edu and send payment to CCE Albany, 24 Martin Road, Voorheesville, NY 12186. Must be received by 9/12. Questions call 518-765-3552.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
9/16/2018	12:00 PM - 3:00 PM	First Annual Farm Day Out - Do you know where your milk comes from or how it is produced? Our goal is to educate the community on the importance of agriculture and how it effects their everyday lives as well as support local farms and organizations. For more information contact Kayela at CCE of Rensselaer County 518-272-4210 or kls342@cornell.edu .	Wagner Farms 166 Garfield Rd Poestenkill, NY
9/16/2018	1:30 PM - 4:00 PM	Fermentation and Pickling - Pickling and fermentation are popular methods of preserving food and bringing out lovely flavors in vegetables and other items. During this interactive class, we will be learning about methods of pickling and fermentation, and will make different types of pickles. Each participant will bring home a jar of pickles. Cost is \$15.00. Contact Marybeth Mitcham at 518-623-3291.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
9/18 & 9/20 2018	1:00 PM - 4:00 PM	Parenting Apart - Child focused program for families who are restructuring after a divorce/separation or the break-up of a relationship. Communication skills, understanding of the legal process, tips for successful parenting apart will be shared. Pre-registration required by calling Roxanne Westcott 518-668-4881.	Queensbury/Lake George Location Warren County
9/18, 9/25, 10/2, 10/9, 10/16, 10/23 (Make-up day 10/30)	5:30 PM - 6:30 PM	Parent & Child Cooking Classes - Join our hands-on cooking class at Cornell Cooperative Extension's education center in Rensselaer County for 6 lessons. Open to children 4 and older. Space is limited. For more information or to register call Felisha Chandler at 518-522-3442.	Cornell Cooperative Extension Rensselaer County 61 State Street Troy, NY 12180
9/20/2018	7:45 AM - 12:00 PM	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 Al at ARK249@cornell.edu or call him 518-765-3529 or 518-603-4702 or contact Nancy at NKL1@cornell.edu or call her at 518-765-3521. 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. Floor 2 Albany, NY 12210
9/21/2018	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 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 or 518-603-4702 or contact Nancy at NKL1@cornell.edu or call her at 518-765-3521. 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. Floor 2 Albany, NY 12210
9/26/2018	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 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 or 518-603-4702 or contact Nancy at NKL1@cornell.edu or call her at 518-765-3521. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Steinmetz Homes Community Room S120 Emmons Street Schenectady, NY 12304
9/26, 10/3, 10/10, 10/17, 10/24/2018	5:30 PM - 7:30 PM	Strengthening Families Program: Youth in Grades 4 - 6 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 as they transition into 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. Bus passes are available, if needed. Childcare for younger siblings is also available. Advanced registration is required. To register contact Maria DeLucia-Evans 518-765-3559.	Thomas O'Brien Academy of Science and Technology 94 Delaware Ave. Albany, NY 12186
9/27/2018	7:45 AM - 12:00 PM	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 Cornell Cooperative Extension Albany County's website at http://www.ccealbany.com/ and can be faxed or mailed. For more information, contact Al at ARK249@cornell.edu or call him 518-765-3529 or 518-603-4702 or contact Nancy at NKL1@cornell.edu or call her at 518-765-3521. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Steinmetz Homes Community Room S120 Emmons Street Schenectady, NY 12304
9/30/2018	1:30 PM - 4:00 PM	Jerky! - Who doesn't love jerky? In this class, we will learn about and safely make several types of delicious jerky, including both meat and vegan jerky. Pre-made jerky will be available for sampling. Cost is 10:00. Contact Marybeth Mitcham at 518-623-3291.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885