



### 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](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](mailto: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>

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

## OCTOBER 2018

10/3, 10/10, 10/17, 10/24/2018	6:00 PM - 7:30 PM	<b>Live and Eat Well with Diabetes</b> - Four part CDPHP program for their members. Learn about nutrition, meal planning, exercise and how to understand common diabetes-related medical tests. Sessions include healthy meal preparation demonstrations and tasting. Register on-line <a href="http://www.cdphp.com/classes">www.cdphp.com/classes</a> or call 518-641-4800 or toll free 1-877-986-2373. Interested in bringing a buddy to this program? Call the number above to register them.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
10/04/2018	7:45 AM - 4:30 PM	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training</b> - 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 <a href="http://www.ccealbany.com/">http://www.ccealbany.com/</a> and can be faxed or mailed. New York State 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 <a href="mailto:ARK249@cornell.edu">ARK249@cornell.edu</a> or call him 518-765-3529. Registration is also available online at <a href="https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201">https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201</a> .	Steinmetz Homes Community Room S120 Emmons Street Schenectady, NY 12304
10/4, 10/11, 10/18, 10/25, & 11/1/2018	9:30 AM - 11:30 AM	<b>Strengthening Families Program Just for Parents/Caregivers (of youth ages 5 -10)!</b> - This five-week series follows SFP curriculum but is designed as a an educational program just for parents/caregivers of youth ages 5 – 10 (though we are flexible if parenting a child just outside these ages). Lunch will be provided, along with bus passes for transportation assistance and childcare for young children. (If a parent needs a stand-alone parenting education program and cannot attend this series, they are welcome to join in just the parent-portion of the series being offered at TOAST.) For more information or to register call Maria DeLucia-Evans at 518-765-3559.	Arbor Hill Elementary School 1 Arbor Dr. Albany, NY 12186
10/05/2018	7:45 AM - 12:00 PM	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Refresher Training</b> - 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 <a href="http://www.ccealbany.com/">http://www.ccealbany.com/</a> and can be faxed or mailed. For more information, contact Al at <a href="mailto:ARK249@cornell.edu">ARK249@cornell.edu</a> or call him 518-765-3529 or 518-603-4702 or contact Nancy at <a href="mailto:NKL1@cornell.edu">NKL1@cornell.edu</a> or call her at 518-765-3521. Registration is also available online at <a href="https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201">https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201</a> .	CEO JLB Community Resource Center 2328 Fifth Avenue Floor 3 Troy, NY 12180
10/5/2018	3:00 PM - 6:00PM	<b>Venison Jerky Sampling</b> - Come and sample some free venison jerky at the Warrensburg Farmers' Market, as part of the Quality Deer Management Association's (QDMA) cooperative effort with CCE of Warren County to promote the benefits of wild game harvest. For more information call Marybeth Mitcham at 518-623-3291.	Warrensburg Farmers' Market 173 River Street Warrensburg, NY 12885

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

10/7/2018	1:30 PM - 4:00 PM	<b>Jerky! Class</b> - 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, and pre-registration is required. For more information, or to register for this program, please contact Marybeth Mitcham at mem456@cornell.edu or 518-623-3291.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
10/09/2018	7:45 AM - 12:00 PM	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training</b> - 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 <a href="http://www.ccealbany.com/">http://www.ccealbany.com/</a> and can be faxed or mailed. New York State 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 <a href="https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201">https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201</a> .	Educational Opportunity Center (EOC) 431 River Street Troy, NY 12180
10/9, 10/23, 11/7, 12/8/2018		<b>Basic Farm Finance</b> - Four sessions in four counties, dates and locations listed below. Price: \$15 for the first person from a business/farm, \$5 for each additional person. Pre-registration is required as class size is limited, though a minimum number of participants are needed for each session. Please click on the link to the class you want to attend below to register online. FSA Borrower Training Credit approved. Looking to brush up on your accounting skills? Is it finally time to learn more about your farm's finances? Basic Farm Finance covers the essentials of farm finance, from bookkeeping for tax needs to records for management. This program is for any size operation, and anyone looking for a solid knowledge base of farm finance and related topics. Classes are held throughout our region so participants can attend this opportunity to delve into information and resources that position owners for success.  Greene County Session: October 9, 6:45 – 9:00 PM, CCE Columbia/Greene Counties, 6055 St. Rte. 23, Acra, NY Columbia County Session: October 23, 6:45 – 9:00 PM, CCE Columbia/Greene Counties, 479 St. Rte. 66, Hudson, NY Rensselaer County Session: November 7, 6:45 – 9:00 PM, CCE Rensselaer County, 61 State Street, Troy, NY Washington County Session: December 8, 9:30 AM to noon, CCE Washington County Meeting Room, 411 Lower Main Street, Hudson Falls, NY	
10/11/2018	6:00 PM - 7:30 PM	<b>Preserve the Bounty</b> - Introduction to home food preservation. Contact the Voorheesville Public Library to register 518-765-2791.	Voorheesville Public Library 51 School Road Voorheesville, NY 12186
10/12/2018	7:45 AM - 4:30 PM	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Initial Training</b> - 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 <a href="http://www.ccealbany.com/">http://www.ccealbany.com/</a> and can be faxed or mailed. New York State 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 <a href="https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201">https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201</a> .	Albany Community Development Agency 200 Henry Johnson Blvd. Floor 2 Albany, NY 12210
10/15/2018	10:00AM - 2:00 PM	<b>Chainsaw Safety Course</b> - Mike Burns from Professional Forestry Services will present an instructional program for the occasional chainsaw user on safe operation and risk mitigation. This session is intended to be an introduction to chainsaw use and is not adequate preparation for felling standing trees (nor is it intended for any certification). Participants will not be using a chainsaw as part of the workshop. Mike's workshop will include proper safety gear, ways to start and operate a saw, and even maintenance including sharpening of a saw. There is a \$5 fee and light refreshments will be included. Registration is required by October 10 <sup>th</sup> by calling CCE at 518-623-3291.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
10/15/2018	4:00 PM	<b>Budgeting For Teens</b> - Warren County Department of Social Services Independent Teen Program. More information contact Roxanne Westcott at rmw38@cornell.edu or 518-668-4881.	Warren County Municipal Center 1340 State Rt. 9 Lake George, NY 12845
10/17 & 10/18 2018		<b>Food, Fun, and Fitness</b> - 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 about this program please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	North Warren Central School Route 8 Chestertown, NY 12817
10/17 & 10/18 2018	6:00 PM - 9:00 PM	<b>Parenting Apart</b> - 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
10/18/2018	6:00 PM	<b>Annual Meeting and Volunteer Recognition Banquet</b> - The meeting will begin at 6:00pm. Residents of Warren County, 18 years & older are eligible to attend & vote for Association Directors. The slate of candidates being presented are available from the Cornell University Cooperative Extension Education Center, Warrensburg. Nominations from the floor will be welcome. For more information contact CCE of Warren County at 518-623-3291.	Hiland Park Country Club 195 Haviland Road Queensbury, NY 12804
10/19/2018	7:45 AM - 4:30 PM	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Refresher Training</b> - 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 <a href="http://www.ccealbany.com/">http://www.ccealbany.com/</a> and can be faxed or mailed. For more information, contact Al at ARK249@cornell.edu or call him 518-765-3529. Registration is also available online at <a href="https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201">https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201</a> .	Albany Community Development Agency 200 Henry Johnson Blvd. Floor 2 Albany, NY 12210
10/26/2018	6:30 PM - 8:30 PM	<b>4-H Achievement Night Awards and Celebration</b> - \$1/person for taco bar, games and celebration. Contact Michele Baker at mlb222@cornell.edu or 518-668-4881 to register.	Brant Lake, NY 12815
10/31/2018	7:45 AM - 12:00 PM	<b>EPA's Lead Renovation, Repair, and Painting (RRP) Refresher Training</b> - 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 <a href="http://www.ccealbany.com/">http://www.ccealbany.com/</a> 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 <a href="https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201">https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201</a> .	CEO JLB Community Resource Center 2328 Fifth Avenue Floor 3 Troy, NY 12180
<b>Upcoming Programs ...</b>			
11/8/2018	5:30 PM - 7:30 PM	<b>Strengthening Families Program! (for youth in grades 3-5 and their parents/caregivers)</b> - Led by educators from Cornell Cooperative Extension Albany County, the Strengthening Families Program is a fun, interactive workshop that allows parents/caregivers to spend special time with their youth (grades 3 - 5). Parents/caregivers and their youth will learn ways to build on existing strengths, improve communication skills, and have fun together as a family. Advanced registration is required. Contact Maria DeLucia-Evans at 518-765-3559 or email mkd59@cornell.edu.	Philip J. Schuyler Achievement Academy 676 Clinton Ave. Albany, NY 12210
11/13/2018	5:30 PM - 8:30 PM	<b>Introduction to Pressure Canning</b> - An introduction to Safe Canning of vegetables, stews, meats. Cost \$20. Must register and submit payment by 10/26. Call Karen with questions at 518-765-3552 or kem18@cornell.edu.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186