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. The 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 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. 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 dbieg@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

<table>
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<th>OCTOBER 2018</th>
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<td>10/3, 10/10, 10/17, 10/24/2018</td>
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10/7/2018 1:30 PM - 4:00 PM  
Jerkly Class - Who doesn't love jerkly? In this class, we will learn about and safely make several types of delicious jerkly, including both meat and vegan jerkly. Pre-made jerkly 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 mm456@cornell.edu or 518-623-3291.

10/9/2018 7:45 AM - 12:00 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 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 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.

10/9, 10/23, 11/7, 12/8/2018  
Basic Farm Finance - 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 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 record keeping to best practices for managing the farm. This program is for the busy operator, and anyone looking to build 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, Aca, N.Y.
Columbia County Session: October 23, 6:45 – 9:00 PM, CCE Columbia/Greene Counties, 4787 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 6, 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  
Preserve the Bounty - 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  
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 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.

10/15/2018 10:00AM - 2:00PM  
ChainSaws Safety Course - 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 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 10th by calling CCE at 518-623-3291.

10/15/2018 4:00 PM  
Budgeting For Teens - Warren County Department of Social Services Independent Teen Program. More information contact Roxanne Westcott at mw368@cornell.edu or 518-668-4881.

10/17 & 10/18/2018  
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 about this program please contact MaryBeth Mitcham at mm456@cornell.edu or 518-668-4881.

10/18/2018 6:00 PM  
Annual Meeting and Volunteer Recognition Banquet - 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 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.

10/19/2018 7:45 AM - 4:30 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 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. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201.

10/26/2018 6:30 PM - 8:30 PM  
4-H Achievement Night Awards and Celebration - $1/person for taco bar, games and celebration. Contact Michele Baker at mb222@cornell.edu or 518-668-4881 to register.

10/31/2018 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 NLK1@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.

Upcoming Programs...

11/8/2018 5:30 PM - 7:30 PM  
Strengthening Families Program (for youth in grades 3-5 and their parents/caregivers) - 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 DeLuca-Evens at 518-765-3559 or email mke56@cornell.edu.

11/13/2018 5:30 PM - 8:30 PM  

11/19/2018 7:45 AM - 12:00 PM  
Strengthening Families Program (for youth in grades 3-5 and their parents/caregivers) - 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 DeLuca-Evens at 518-765-3559 or email mke56@cornell.edu.