



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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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

DECEMBER 2018

12/1/2018	10:00 AM - 1:00 PM	Easy Food Preservation Holiday Gifts - Get a head start on your holiday gift giving with this hands-on workshop about easy food preservation that makes great holiday gifts. During the workshop you will learn how to safely prepare flavored vinegars, and freezer jams and jellies. Participants will make flavored vinegars and freezer jams and jellies to take home. Cost: \$22.00 per person. Register by 11/28 online https://reg.cce.cornell.edu/HolidayFood_210 or call 518-622-9820 x100.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
12/1/2018	11:00 AM - NOON	Children's Terrarium & Ornament Class - During this class, children will create their own living terrarium ornament out of miniature plants, moss and lichen and add a holiday touch with pinecones, berries and other natural materials. Ribbon and labels are provided. These make unique gifts for teachers, friends and family members. Please note that children must be accompanied by an adult. Ages 3 and Up. \$20.00 per child. Please register with payment by 11/19. Contact Angie Tompkins at 518-372-1622 ext. 259.	The Sustainable Living Center 180 Ptl. Arthur Chaires Lane Schenectady, NY 12308
12/2/2018	1:00 PM - 5:00 PM	4-H Basic Air Rifle - Participants will learning basic firearms safety rules, how to load, hold, aim, and discharge an air rifle. Beginners start with blank targets then move to large bullseyes to create rapid success. As the day progresses, youth will learn how to use the sights, breathing, and trigger pull to create more accurate groups. All safety and airgun equipment is provided by 4-H. Fee is \$10 per youth and includes enrollment in 4-H until September 30, 2019. Currently enrolled Warren County 4-H members, the fee is \$5. Enrollment forms, questions, and registration can be accomplished by calling 518-623-3291 or emailing Michele Baker at mlb222@cornell.edu .	Dunham's Bay Fish & Game Club 2080 Ridge Road Queensbury, NY 12804
12/4/2018 and 12/6/2018	9:00 AM - 10:00 AM	The Magic Years: A Three-Part Parent Education Program (For parents/caregivers of children ages 0-4) - Handling Stress & Understanding Child Development Pt 1 - Being a parent is stressful! Join with other parents/caregivers in a supportive environment to discuss stress management strategies. Learn how stress impacts your children and how we can help them manage stressors. Understand the stages of child development, and how you can best support and nurture your developing child(ren). Advanced registration is required by contacting Maria at 518-765-3559 or mkd59@cornell.edu .	North Albany YMCA 616 N. Pearl Street Albany, NY 12204 and Ravena Head Start 15 Mountain Road Ravena, NY 12143
12/4/2018	6:30 PM - 8:30 PM	Winter Terrarium Class - Cost is \$15.00 per person (all ages welcome). RSVP by calling 518-623-3291 or email Jessi-ca at jmh452@cornell.edu by November 28th.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885

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

12/05/2018	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 .	Capital South Campus Center 20 Warren Street Albany, NY 12202
12/6/2018	9:00 AM - 5:00 PM	EPA Lead Renovator 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 & certified as a renovator. This would include all landlords, carpenters, painters, window replacement companies or simply anyone who wants to help prevent or learn more about the hazards of lead and lead based paint. The class is limited to 8 registrants, so please don't delay! To register contact Art Wheaton at acw18@cornell.edu or 716-777-0303.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
12/6/2018	5:30 PM - 7:30 PM	Herbal Lotion Bars - During this class you will learn how to make all natural, lotion bars that will soften and condition your skin. Select your combination of herbs such as calendula, lavender, and chamomile. Each participant will make and take home several handmade bars. These also make fabulous gifts! Decorative wrapping and ribbon will be available to package your bars. \$20 per person. Contact Angie Tompkins at 518-372-1622 ext. 259.	The Sustainable Living Center 180 Ptl. Arthur Chaires Lane Schenectady, NY 12308
12/8/2018	9:30 AM - NOON	Basic Farm Finance - 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. 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. FSA Borrower Training Credit approved. To register go online http://ccext.net/CAHP/civicrm/event/register?cid=0&reset=1&id=19 .	Cornell Cooperative Extension Washington County 411 Lower Main Street Hudson Falls, NY 12839
12/8/2018	10:00 AM - 12:00 PM	Holiday Greening & Wreath Making Workshop - Includes: Wreath Frame, Mixed Greens, Wire, Cones, and Velvet Ribbon to Make a Bow. *Extra Decorations will be available to purchase or bring your own. Bring: Your own clippers, gloves, wire cutters if desired. We will have some to share. Cost is \$25.00. Pre-Registration required contact Carole Henry at ch878@cornell.edu or 518-765-3516.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
12/8/2018	1:00 PM - 3:00 PM	Holiday Centerpiece Workshop - Includes: Mixed Greens, Cones, Assorted Small Decorations, Ribbon, and Dish with Oasis. *Extra Decorations will be available to purchase or bring your own. Bring: Your own clippers, gloves, wire cutters if desired. We will have some to share. Cost is \$20.00. Pre-registration required contact Carole Henry at ch878@cornell.edu or 518-765-3516.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
12/10/2018	6:00 PM - 7:00 PM	Wildlife Habitat Education Program (WHEP) for Youth: Birdfeeder Bird Identification - Come learn about the common birds that come to local feeders. Each participant will make a peanut butter pine cone feeder. Cloverbuds welcome! Come prepared to get dirty. No fee. Registration is required and can be accomplished by calling 518-623-3291 or email Michele Baker at mlb222@cornell.edu .	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
12/11/2018	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 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 .	CEO JLB Community Resource Center 2328 Fifth Avenue Floor 3 Troy, NY 12180
12/11/2018 and 12/13/2018	9:00 AM - 10:00 AM	The Magic Years: A Three-Part Parent Education Program (For parents/caregivers of children ages 0-4) - Setting Routines Pt 2. - This program will explore how routines and consistency in the home can lead to positive behavior outcomes for your children. We will understand how to set up (or better manage) routines surrounding bedtime, bathing, family meals and toilet training. Advanced registration is required by contacting Maria at 518-765-3559 or mkd59@cornell.edu .	North Albany YMCA 616 N. Pearl Street Albany, NY 12204 and Ravena Head Start 15 Mountain Road Ravena, NY 12143
12/12/2018	7:45 AM - 12:00 PM	IPM Exclusion Workshop - Working with New York State IPM Program, Cornell Cooperative Extension Albany County will be holding a half day IPM Exclusion Workshop for pest professionals, code officials, landlords, homeowners, property managers, and facility/maintenance workers in the Capital District. Topics to be discussed include Pest Identification, Pest Health Risks, IPM Inspection Process, and Exclusion Techniques. The program will highlight how pests cause damage to building structures and can be the source of significant health problems. Participants will learn: How to identify pests, what to look for during a building inspection, and the most appropriate exclusion technique to use for a pest free building/home. The workshop will include continental breakfast, lecture, discussion, hands-on learning activities, and resource materials. NY Pesticide Applicator Credits (3.75) are available for Categories 7A, 7F, and 8. Possible NYS Code Official credits may be available. There is no charge for the program but pre-registration is required. Register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 or by calling Al at 518-765-3529 or Diane at 518-765-3512. For more information, Al can also be reached at ARK29@cornell.edu .	Johnstone Supply 2600 6th Ave Troy, NY 12180
12/17/2018	9:00 AM - 5:00 PM	EPA Lead Renovator 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 & certified as a renovator. This would include all landlords, carpenters, painters, window replacement companies or simply anyone who wants to help prevent or learn more about the hazards of lead and lead based paint. The class is limited to 8 registrants, so please don't delay! To register contact Art Wheaton at acw18@cornell.edu or 716-777-0303.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
12/18/2018	2:00 PM - 4:00 PM	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 Street Albany, NY 12202
12/18/2018 Or 12/20/2018	9:00 AM - 10:00 AM	The Magic Years: A Three-Part Parent Education Program (For parents/caregivers of children ages 0-4) - Parenting Styles & Discipline Tools Pt. 3 - Join us to learn about different parenting styles and how they impact children. Develop an understanding of the difference between discipline and punishment and how to use natural consequences. Explore the myths of spanking and strategies to get your children to listen. Advanced registration is required by contacting Maria at 518-765-3559 or mkd59@cornell.edu .	North Albany YMCA 616 N. Pearl Street Albany, NY 12204 and Ravena Head Start 15 Mountain Road Ravena, NY 12143



*Happy Holidays from Cornell Cooperative Extension of Albany, Columbia & Greene,
Fulton & Montgomery, Rensselaer, Saratoga, Schenectady, Warren, Washington Counties!*

