



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

JANUARY 2019

1/3/2019		Food Smart Families - 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.	Big Cross Street School 15 Big Cross St. Glens Falls, NY 12801
1/3/2019		Adirondack Explorers Program - During this after-school program, participants will learn and play their way to learning more about wildlife, outdoor activities, healthy living, and more! For more information about this program please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Big Cross Street School 15 Big Cross St. Glens Falls, NY 12801
1/3, 1/10, 1/24/2019	11:30 AM - 1:00PM	Dining with Diabetes - Learn how to plan delicious meals including desserts while managing your blood sugar. Sample healthy recipes. Talk with others who live with diabetes every day. For people with diabetes or prediabetes, family members and caregivers. Snow make-up day 1/31. Pre-registration required. Cost \$10. For information and to register contact Karen Roberts Mort at kem18@cornell.edu or call 518-765-3552.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
1/6/2019	1:00 PM - 5:00 PM	Intermediate Archery Program - Must be at least 8 years old and completed Basic Archery. Move beyond the basics of recurve shooting with compound bows. Once established, students will be allowed to select either a recurve or compound bow and work toward improving their grouping at several distances. Fee: \$5.00 per member. To register, contact the 4-H office by calling 518-668-4881/623-3291 or e-mailing: mlb222@cornell.edu .	Dunham's Bay Fish & Game Club 2080 Ridge Road Queensbury, NY 12804
1/7/2019 & 1/8/2019	8:00 AM	Back to Back Horticulture Events! 1/7 - 3rd Annual Capital Area Cut Flower Conference - Lavender Research Update - Aine Hardaker, UVM student, CCE research technician; Integrated Pest Management in High Tunnels - Elizabeth Lamb CCE NYS IPM Team; Peony Production and Propagation For Cut Flowers - Bill Miller, CCE Horticulture; Risk Management - Stephen Hadcock, CCE CAAHP; Climate Change and Agriculture - Laura McDermott, CCE Fruit and Vegetable Team, Climate Smart Solutions; Organizing a Formal Local Chapter of Flower Growers - Chris Wein, Cornell University, Professor Emeritus. 1/7 Vendors' Meet & Greet Reception - 4:30 - 5:30 Open to participants of both conferences! 1/8 - Capital Area Bedding Plant Conference - An Introduction to Biological Control - Lindsey Christianson, Ornamental Horticulture Educator, CCE CAAHP Team; Managing a Greenhouse Using Biological Control - Jeremy Webber, Koppert Biological Systems; Updates to Worker Protection and Safety, Federal and State Pesticide Regulation Updates - Mark Solan, NYS DEC; Risk Management - Stephen Hadcock, CCE CAAHP; 2018 Trial Gardens and Trends (Annuals) and New Varieties - Kendra Hutchins, Cornell University; Invasive Pests of Concern to Ornamental Growers and Distributors - Kristopher Williams (PRISM). Cost: \$45.00 paid in advance, \$65.00 at the door for each day. Call 518-765-3518 to register by phone.	Hilton Garden Inn 235 Hoosick Street Troy, NY 12181

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

1/7, 1/14, 1/28/2019	5:30 PM - 8:00 PM	Strengthening Families Program: Youth Ages 14-16 and Parents/Caregivers - Dinner is provided at each workshop, and each family will win a family fun gift basket. <i>Bus passes are available, if needed.</i> 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 their 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. Topics to expect: How to set limits while supporting growth; Developing emotional awareness, and how to manage emotions; Managing the challenges of peer pressure; Keep family love alive, give compliments, and have FUN! together as a family. The Strengthening Families Program strives to empower your family. Advanced registration is required contact Maria DeLucia-Evans at 518-765-3559 or email mkd59@cornell.edu.	Watervliet Public Library 1501 Broadway #1 Watervliet, NY 12189
1/08/2019	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. 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 AI at ARK249@cornell.edu or call him 518-765-3529 or 518-603-4702. 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
1/8 - 2/12 2019	6:00 PM - 9:00 PM	Annie's Project - This six-week course is a discussion-based workshop bringing women together to learn from experts in production, financial management, human resources, marketing and the legal field. 1/8 Introduction and Overview - Risk Management, Getting Started -Am I in Business, Preparation for next session; 1/15 Financial Documents – Resources for Your Business; 1/22 Human Resources - Enterprise Analysis using Ag Decision Maker, Farm Business Planning; 1/29 Meeting Hiring Obligations; 2/5 Insurance Basics – Women and Money, Estate/Transition Planning; 2/12 Agriculture Panel – in Business – Marketing, Pricing & Opportunity Analysis, Course Wrap Up. Only \$100 for all six sessions! For more information call 518-765-3518. Please register by 1/4 Register online at https://tinyurl.com/AnniesProj .	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
1/11/2019		Food Budgeting - During this program, participants will learn how to manage a food shopping budget, marketing techniques used by stores to promote spending, and try out some healthy recipes. For more information about this program please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	BOCES 1051 Dix Avenue Hudson Falls, NY 12839
1/15/2019	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. 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 AI at ARK249@cornell.edu or call him 518-765-3529 or 518-603-4702. 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 Albany, NY 12210
1/15/2019	11:30 AM Lunch Available 1:00 PM Program	Producer Education Meeting, Salmonella Dublin: A Real Threat to Your Dairy, Veal or Beef Operation - Learn Salmonella Dublin basic information and why is it so devastating to dairy, veal, and beef operations, specifically about economic losses associated with S. Dublin in a herd. Focus on public health risks associated with Salmonella Dublin; transmission, carrier status, and other epidemiology. Information on treatment, prevention, & control strategies. To register or for inquiries, email Dr. Roger Ellis (roger.ellis@agriculture.ny.gov) or text 518-573-1165 by 1/11/19. Pre-registration is required.	Washington Co. Fairgrounds Fair Office Route 29 Greenwich, NY 12834
1/15 & 1/16 2019	6:00 PM - 9:00 PM	Parents Apart - A parent program designed specifically for parents who are separating, divorcing, or parenting apart from the other parent. The main focus is on helping parents understand what their children are experiencing and how they can help them through this transition. ALL classes are open to everyone you do not need to be referred! Class size is limited. You must register in advance; call Cornell Cooperative Extension of Washington County 518-746-2560.	TBD Washington County, NY
1/16/2019	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. 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 AI at ARK249@cornell.edu or call him at 518-765-3529. 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. Albany, NY 12210
1/16 & 1/17 2019		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 mem467@cornell.edu or 518-668-4881.	North Warren Central School Route 8 Chestertown, NY 12817
1/17/2019	6:30 PM - 9:00 PM	Growing and Marketing Industrial Hemp - Speakers include Chris Logue (NYS Ag & Markets), Larry Smart (Cornell U.), and industrial hemp growers that will share their experiences so far. \$10.00 per person. Register by January 16th. For questions contact Aaron Gabriel, 518-380-1496, adg12@cornell.edu.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
1/23/2019	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. 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. 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 AI at ARK249@cornell.edu or call him 518-765-3529 or 518-603-4702. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	YouthBuild Troy 2245 Old 6th Ave Troy, NY 12180
1/25/2019	6:00 PM - 8:00 PM	1st Annual Fulton-Montgomery 4-H International Night - Enjoy an evening of fun and cultural education with 4-H youth whom will be presenting on various countries. Youth will be displaying educational posters, sharing a cultural dish from their chosen country and presenting a custom to those in attendance. Each youth whom attends will also be supplied with a "passport to fun" that they can have signed at each country they visit. If interested in attending as a guest, please RSVP to CCE Fulton-Montgomery at 518-853-2135 or email Kyle Yacobucci at ky292@cornell.edu by Wednesday, January 9th.	Shirley Luck Senior Center 109 E Main St, Johnstown, NY 12095
1/26/2019	8:00 AM - 4:00 PM	Eleventh Annual Winter Green-Up Grazing Conference - Come join us at our eleventh Winter Green-Up, the Capital District's original grazing conference! Hear talks from grazing experts, get to know other farmers and enjoy the traditional Winter Green-Up buffet luncheon, featuring grass-fed, locally grown meats. Cost is \$75.00. For more information contact Tove Ford 518-765-3518 or tff24@cornell.edu.	The Century House 997 New Loudon Road Latham, NY 12110
1/29/2019	5:30 PM - 9:00 PM	Part Time Farmer Tax School - Do you have any of these questions: How much farm income do I need to deduct it on my taxes? What form(s) do I need to complete? What, if any, tax management strategy should I have for my farm business? Sandy Buxton and Steve Hadcock, of Cornell Cooperative Extension's Capital Area Ag & Hort Program, will be prepared to answer these and other tax related questions for you during this meeting. Light dinner will be served. Cost: \$20.00 per person. Register online: http://bit.ly/2nDuJrV , or to register by phone, call Tove Ford at 518-765-3518.	Cornell Cooperative Extension Washington County Annex 2 Meeting Room 415 Lower Main Street Hudson Falls, NY 12839
1/29 & 1/31 2019	6:00 PM - 9:00 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
1/31/2019	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. 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. 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 AI at ARK249@cornell.edu or call him 518-765-3529 or 518-603-4702. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Washington Irving Educational Center 422 Mumford Street Schenectady, NY 12307