



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.

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

Seeing the Forest through the Trees Art Exhibit and Reception by Elizabeth MacFarland

Artist's Reception: Saturday, January 12 (snow date Sunday January 13)

Time: 2:00 - 4:00 pm

Exhibit Runs: January- March 2019

Location: Agroforestry Resource Center, Acra

If you are planning to stop by to view the exhibit, please call ahead to ensure that there is accessibility to the conference room (518) 622-9820.

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

FEBRUARY 2019

2/1/2019	9:00 AM - 4:00 PM	5th Annual Hudson Valley Value-Added Grain School - The focus this year is on accessing and developing markets for value-added grains, with topics to include current grain market sectors and their quality requirements, developing direct markets to consumers, developing a grain-processing enterprise, distribution strategies, accessing capital, and marketing tools. An extended panel discussion in the morning will feature representatives from the milling, malting, distilling, and feed sectors. Afternoon sessions will feature presentations by small- and larger-scale grain-processing enterprises. This meeting is sponsored by Cornell Cooperative Extension (CCE) and the Organic Growers' Research and Information-Sharing Network (OGRIN). Register at https://tinyurl.com/hvgrains2019 by 5:00 p.m. January 29 for \$40, or \$60 thereafter (registration includes lunch). Cornell Cooperative Extension of Ulster County provides equal program and employment opportunities. Please contact the program office at 845-340-3990 if you have any special needs.	Pegasus Restaurant 10885 Rte. 9W Coxsackie, NY 12051
2/2/2019	10:30 AM - 1:30 PM	Youth for the Quality Care of Animals - (YQCA) training is designed to keep youth up to date on content related to industry standards and government regulation. Youth will explore the importance of bio security, animal well-being, food safety, and life skills. Youth will become certified through classroom and hands-on instructional settings. Our 4-H Livestock Fund will cover the cost for currently enrolled 4-H members as well as provide lunch for all youth who participate. If your child is not enrolled in 4-H, 4-H the cost is \$10.00 per youth. This is a first-come, first-serve class that will only be accepting the first 25 youth ages 8 to 21 so be sure to sign up quickly. This class will be taught by Jennifer Schwab who is a certified trainer for YQCA. To learn more, visit http://yqca.org/ . To register by January 20th and pay online go to https://reg.cce.cornell.edu/YQCAtraining_210 or contact Emily at 518-828-3346 x209. Free for enrolled 4-H members; \$10.00 for non-4-H enrolled youth. For more information contact Margaret M. Smith at 518-828-3346 x211 or mms426@cornell.edu .	Cornell Cooperative Extension Columbia & Greene Counties 479 Route 66 Hudson, NY 12534
2/5/2019	7:00 PM - 8:30 PM	Mediterranean Diet - Learn how to apply the Mediterranean diet to enjoy good food and improve your health! For more information contact Diane Whitten 518-885-8995.	Corinth Free Library 89 Main Street Corinth, NY 12822
2/6/2019	6:00 PM - 7:30 PM	Mediterranean Diet - Learn how to apply the Mediterranean diet to enjoy good food and improve your health! For more information contact Diane Whitten 518-885-8995.	Schuylerville Public Library 52 Ferry Street Schuylerville, NY 12871
2/7/2019		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 Street Glens Falls, NY 12801

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

2/7/2019		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 Street Glens Falls, NY 12801
2/9/2019	10:00 AM - 11:30 AM	Identity Theft Prevention: Safeguarding Your Personal Information - Identity thieves steal someone's personal information in this country every 17 seconds. Identity theft can cost you time, money, destroy your credit and ruin your good name. Learn what you can do to protect yourself and your family from this pervasive and insidious crime. This free workshop will cover how ID theft happens and what you can do to deter, detect and defend against it. The program will also provide information on how to protect children from having their personal information stolen. Register online by February 7th at https://reg.cce.cornell.edu/IDTheftPrev19_210 or by calling the library at 518-945-1417.	D. R. Evarts Library 80 Second Street Athens, NY 12015
2/10/2019	1:00 PM - 3:00 PM	Intermediate Air Rifle Program - Participants must be at least 9 -18 years of age and have completed basic air rifle to participate. Students will work on greater sight alignment, breathing control, and smaller targets for score. Fee \$5. Registration is required and can be completed by calling 518-623-3291 or emailing mlb222@cornell.edu.	Dunham's Bay Fish & Game Club 2080 Ridge Road Queensbury, NY 12804
2/11/2019	6:00 PM - 7:30 PM	Gadgets Can Make Cooking Easier! - Did you get an Instant Pot or Air Fryer for a gift last month, or are you thinking about buying one? Come learn how they work and how to use them in this interactive class. Save energy, time and money with new, healthy cooking techniques. Recipes will be shared and there will be samples galore. Class fee \$5/ person, checks should be made out to CCE Albany, 24 Martin Road, Voorheesville, NY 12186. Pre-registration by 2/8 is required. Contact Karen at kem18@cornell.edu or 518-765-3552.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
2/11/2019	6:30 PM - 8:00 PM	Money Smart for Older Adults - The Money Smart for Older Adults Program raises awareness among older adults and their caregivers on how to prevent elder financial exploitation (frauds and scams) and encourages advance planning and informed financial decision-making. Money Smart for Older Adults was developed jointly by the Federal Deposit Insurance Corporation (FDIC and the Bureau of Consumer Financial Protection. Attendees will receive a Money Smart for Older Adults Resource Guide (one per household). Cost is free. Register by February 9 online at https://reg.cce.cornell.edu/Moneysmart_210 or by calling the library at 518-766-2715.	Nassau Free Library 18 Church Street Nassau, NY 12123
2/13 & 2/14 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
2/14/2019	6:00 PM - 7:00 PM	Wildlife Habitat Education Program: Bobcats & Black Bears - Find out how each species is adapted to the winter. Touch and feel actual pelts and skulls. Do black bears actually hibernate? How active are bobcats? No fee. Registration is required and can be completed by calling 518-623-3291 or emailing mlb222@cornell.edu.	Cornell Cooperative Extension Warren County 377 Schroom River Road Warrensburg, NY 12885
2/19/2019	8:45 AM - 4:00 PM	Safe Sitter Program for Adolescents - The Safe Sitter Program gives young adolescents the skills to provide safe, nurturing care for children and to respond appropriately to medical emergencies. It also teaches introductory employment skills and important life skills. Topics that are covered include Babysitting as a Business, Success on the Job, Child Care Essentials, Safety for the Sitter, Injury Management, Preventing Problem Behavior, Care of Choking Infant and Care of Choking Child. Participants will also have hands-on mannequin practice of rescue skills and participate in small group interactive learning, role-playing and games to enhance the discussion topics. Those wishing to participate should register early as there are limited spots. *When the fee is received, a registration form and student contract will be sent to the participant to complete and bring to the session. The fee is all inclusive but the participants should bring a bag lunch and snacks. Contact Emily at 518-828-3346 x209 or ew387@cornell.edu with questions. Cost: \$60.00* Prepayment required. Register by February 13 online and pay by credit card at https://reg.cce.cornell.edu/safesitterFebruary2019_210 or send a check payable to CCE (or drop off cash) to the Extension Education Center, 479 Rt. 66, Hudson, NY 12534. Include the name, address, phone number and age of the participant.	Cornell Cooperative Extension Columbia & Greene Counties 479 Route 66 Hudson, NY 12534
2/19 & 2/20 2019		ADK Guides Operation Snowbird - Our annual winter camping trip, open to registered members of the 4-H Adirondack Guides. For more information about this program contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	TBA
2/19, 2/20 & 2/21/2019		Eastern NY Fruit and Vegetable Conference - Join us for the 2nd Annual Eastern NY Fruit and Vegetable Conference! This year we will be expanding our conference to include a third day and many exciting new sessions. Speakers, topic details, and registration information will be available soon. Mark your calendars, and don't miss this great line-up! Registration and information at: https://enych.cce.cornell.edu/ or call 518-272-4210 ext. 111 or email enychp@cornell.edu.	Desmond Conference Center 660 Albany Shaker Road Albany, NY 12211
2/21/2019	Noon - 1:00 PM	Fantastic 4-H Quesadilla Lunch - Open to enrolled 4-H members, pre-registration is required. Quesadillas are delicious, easy to make, and a fantastic way to incorporate extra protein and calcium into a diet! Each 4-H participant will be able to make quesadillas for their lunch, experimenting with a variety of different filling ingredients! For more information about this program please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Cornell Cooperative Extension Warren County 377 Schroom River Road Warrensburg, NY 12885
2/22/2019	6:30 PM - 9:00 PM	Saratoga Horseman's Social - Join us for a night out with friends, great food, "horse talk", and a super silent auction. Network with fellow equestrians, farriers, veterinarians and barn owners. Attendees are encouraged to bring marketing materials to share on the horseman's information table. To register by phone call 518-885-8995, or email wlm8@cornell.edu.	Longfellow's Restaurant 500 Union Avenue Saratoga Springs, NY 12866
2/23/2019	8:00 AM - 1:30 PM	2019 Farming our Future Conference - The 2019 Farming Our Future Conference theme, "Enhancing Agricultural Literacy in the Community," will address the importance of knowing where our food comes from, emphasize sustainability, best management practices, community engagement, land use and farming techniques. While Columbia County, Greene County and the Mid-Hudson Valley have a rich farming heritage, it is incumbent upon all of us to do what we can to preserve and strengthen our agricultural landscape so it's here for generations to come. Jessica Ziehm, Executive Director of the New York Agriculture Animal Coalition, is the keynote speaker. Attendees will be able to attend a concurrent workshop session, visit with a variety of agriculture-related vendors and network with other participants. The conference is designed to attract a diverse audience from the community including established farmers, beginning farmers, interested non-farmers, suppliers, educators, community officials, industry leaders, and students. A nominal registration fee will cover the cost of providing breakfast, lunch and refreshments. Cost: \$25.00 per person. Register on line: https://reg.cce.cornell.edu/Farmfuture_210 . For more information on the conference, contact steering committee members Steve Hadcock at seh11@cornell.edu or Sandra Gardner at sgardner@taconichills.k12.ny.us.	Taconic Hills Central School Performing Arts Center 73 County Route 11A Craryville, NY 12521
2/26/2019	11:00 AM - 12:00 PM	Healthy Winter Soup - Winter weather necessitates warm food! Soups are an easy and inexpensive way to add nutritious food, while also helping to keep you warm. Come and join us as we make and eat a healthy minestrone soup together! For more information about this program please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Lake Luzerne Senior Center 539 Lake Avenue Lake Luzerne, NY 12846
2/26 & 2/28 2019	1:00 PM - 4:00 PM	Parenting Apart - The child-focused program addresses the needs of families in transition after the separation, divorce or break up of a relationship with children involved. For more information or to register, contact Roxanne Westcott at rmw38@cornell.edu or 518-668-4881.	TBA Queensbury/Lake George
2/27/2019	10:00 AM	Budgeting - Call Roxanne Westcott at 518-668-4881 or email rmw38@cornell.edu for more information on this program.	Warren County Head Start Warrensburg, NY 12885
2/28/2019	9:00 AM - 4:00 PM	Regional Direct Marketing Conference - Want to learn ways to enhance direct market sales? Whether at your own farm stand or at a farmer's market? Staff from Farm Roots will share what they have learned in assisting farmers to enhance their market stalls. \$30.00 per person. Register online at https://tinyurl.com/RegDirectMarketing .	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186