



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>
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

MARCH 2019

<p>Various Dates and Times See Description</p>	<p>The Magic Years: A Three-Part Parent Education Program (For parents/caregivers of children ages 0-4) - Handling Stress & Understanding Child Development - 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). Tuesday, 2/26 from 6:00 – 7:00 p.m. at Green Island UPK/Head Start, Heatly School, 171 Hudson Ave., Green Island Or Wednesday, 3/13 from 2:30 – 3:30 p.m. at Ogden Mills Head Start, 1 Ogden Plaza, Cohoes.</p> <p>Setting Routines - 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. Tuesday, 3/5 from 6:00 – 7:00 p.m. at Green Island UPK/Head Start (see above) Or Wednesday, 3/20 from 2:30 – 3:30 p.m. at Ogden Mills Head Start, 1 Ogden Plaza, Cohoes.</p> <p>Parenting Styles & Discipline Tools - 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. Tuesday, 3/12 from 6:00 – 7:00 p.m. at Green Island UPK/Head Start (see above) Or Wednesday, 3/27 from 2:30 – 3:30 p.m. at Ogden Mills Head Start, 1 Ogden Plaza, Cohoes.</p> <p>Advanced Registration is required by contacting Maria at 518-765-3559 or mkd59@cornell.edu.</p>	<p>Various Locations See Description</p>
<p>2/27 - 5/15 2019 (Wednesdays)</p>	<p>10:00 AM - 11:30 AM</p> <p>Introduction to Horticulture - This certificate program is offered in conjunction with Schenectady ARC and Cornell Cooperative Extension, Schenectady County. It is appropriate for diverse populations, including senior citizens and individuals with intellectual and other developmental disabilities who are interested in hands-on training in the horticulture field and who would like to obtain employment in a garden center, farm stand or greenhouse. Topics include basic botany, care of annuals, perennials and vegetable crops, and weed identifications. Participants will gain experience in customer service, working and learning in a greenhouse, as well as a variety of outdoor garden settings. To register online - http://sunysccc.edu/About-Us/Workforce-Development-and-Community-Education/WFD-CE-Course-Registration. Fee \$595.00. For more information please contact Maria Kotary at 518-595-1101x4.</p>	<p>Sustainable Living Center Central Park, Schenectady & Schenectady ARC's Maple Ridge Horticulture Center, Rotterdam</p>
<p>3/3/2019</p>	<p>3:00 PM - 5:00 PM</p> <p>Intermediate Air Pistol - MUST be an enrolled 4-H member and be at least 10 years of age and completed basic pistol. Continue to improve 3-position skills. Work on improving groups, trigger squeeze, breathing, and scoring targets. Fee \$5. For more information contact John Bowe at 518-623-3291.</p>	<p>Dunham's Bay Fish & Game Club 2080 Ridge Road Queensbury, NY 12804</p>
<p>3/4/2019</p>	<p>6:00 PM - 7:30 PM</p> <p>Healthy One Pan Meals - Using a baking sheet pan, Dutch oven and/or an Instant pot/multi/pressure cooker. Save time and energy by cooking using this new trend. Cost \$5. Checks payable to CCE Albany. Snow date 3/11. Must preregister by 3/1 with Karen at kem18@cornell.edu, 518-765-3552.</p>	<p>Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186</p>

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

3/7/2019	9:00 AM - 12:15 PM	Turf & Landscape Pest Management Update: Including Invasive Species, the Spotted Lanternfly, and More! - This program will pertain to people interested in the following areas: Lawn and landscape maintenance, golf course maintenance, grounds maintenance, and a variety of other fields. Recertification credits available. For more information contact Spencer Barrett at 518-272-4210.	Cornell Cooperative Extension Rensselaer County 61 State St. Troy, NY 12180
3/12/2019	8:30 AM - 4:00 PM	Pesticide Recertification Day - CAAHP's "re-certify your pesticide license in one day" event, is now in its 18th year! CORE credits, Ornamentals & Turf, Agriculture Plant and Structural & Rodent credits will be available. Registration will begin at 7:30 AM. In the morning, Dr. Jonathan Laquatra Jr. will discuss results of his new study, Common Pesticide Residues in Rural Homes of New York State. Mark Solan will update conference participants on DEC regulatory and policy changes and Steve Hadcock of the Capital Area Agriculture & Horticulture Program will discuss Whole Farm Risk Management. In the afternoon, participants have a choice of three "breakout" sessions: Ornamentals & Turf, Agriculture Plant and Structural & Rodent, with experts in each field presenting classes covering the necessary information required to receive DEC credits to re-certify pesticide applicators' licenses. Registration for Pesticide Recertification Day is mandatory, as we must have your pesticide applicator's license number in advance so we can prepare your certification. It is also required that you present your pesticide license at the event and sign in on Cornell and DEC sign-in sheets. The following DEC credits have been applied for: Cost: \$100 all day, \$85.00 morning or afternoon sessions only. Lunch is included in all fees. Register online: http://ccext.net/CAAHP/civicrm/event/info?reset=1&id=33 .	The Century House 997 New Loudon Road Latham, NY 12110
3/12/2019	12:00 PM - 1:00 PM	Irish Vegetable 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 Irish vegetable soup together! For more information about this program please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Greater Glens Falls Senior Center 380 Glen St, #1 Glens Falls, NY 12801
3/12, 3/19 & 3/26/2019	6:00 PM - 8:00 PM	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 everyday like you. For people with diabetes, family members and caregivers. Pre-registration required. To register contact Kelly at 518-274-4471 or director@watervlietpubliclibrary.org .	Watervliet Public Library 1501 Broadway Watervliet, NY 12189
3/13/2018	5:30 PM - 7:00 PM	Cooking from Scratch: Mediterranean Cuisine - Hands-on preparation of a healthy Mediterranean style home-cooked meal. Kids over 10 may accompany an adult for \$5. Learn some cooking skills and sit down for dinner. Space is limited, call to register: 518-885-8995. Fee \$10.00. Contact Diane Whitten 518-885-8995.	Schuylerville Public Library 52 Ferry Street Schuylerville, NY 12871
3/14/2019	10 AM - NOON	Truck Farm Clinic - NYS Trooper John Peck and NYS Trooper Dave Bednarek of Troop G Commercial Vehicle Enforcement Unit will address farm truck registration, licensing, inspection and other issues associated with farm trucks. Bring your questions and neighbors to the meeting. There is no fee to this clinic; however calling ahead will be appreciated in the planning. Please call Ellie at CCE Saratoga, 885-8995 to register.	Saratoga Sod Farm 1670 Route 4 Stillwater, NY 12170
3/14, 3/21, 3/28, 4/4, 4/11/2019	5:30 PM - 7:30 PM	Strengthening Families Program: Youth Ages 8-12 and Parents/Caregivers - This 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. Advanced registration is required. Completed registration forms can be returned to: Maria DeLucia-Evans, CCE Albany, 24 Martin Road, Voorheesville, NY 12186. For more information call 518-765-3559 or email mkd59@cornell.edu .	Arbor Hill Elementary School 1 Arbor Drive Albany, NY 12207
3/15/2019	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. 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. Register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	SUNY Career and Counseling Center 433 State Street, Room 238 Schenectady, NY 12305
3/16/2019	10:00 AM - NOON	Seed Starting Workshop - This hands-on workshop will teach home gardeners to not only save money but also to grow a greater variety of plants for their gardens by starting seeds indoors. Topics covered will include techniques for starting seeds indoors, proper care, lighting and watering, and how to prepare your seedlings for transplant into your garden. Participants will receive a \$5.00 coupon toward Spring Gardening Day on April 6, 2019 at Columbia-Greene Community College. Cost: \$20.00 per person (includes the materials). Registration by 3/7 on line registration: https://req.cce.cornell.edu/seedsstart2019 210 or call 518-828-3346 x 206 (Hudson) or 518-622-9820 x100.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
3/19/2019	10:00 AM - NOON	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 Rm. 204 Albany, NY 12202
3/20, 3/27 & 4/3/2019	1:00 PM - 2:00 PM	Dining with Diabetes - A program for people with diabetes or prediabetes and their family members. Participants will learn how to fit carbohydrates into a healthy menu, effectively use food labels, choose meals at a restaurant and adopt other healthy habits to help manage diabetes through healthy eating. Contact Diane Whitten at 518-885-8995.	Clifton Park/Halfmoon Library 475 Moe Road Clifton Park, NY 12065
3/21/2019	6:00 PM - 7:30 PM	Indian Cooking in the Instant Pot/Pressure Cooker - Awaken your taste buds with samples of chutney, curry, and garam masala featured in fragrant, traditional, healthy rice, dahl, beans and vegetable dishes prepared in one pot, saving time, money and energy. Learn how recipes can be converted for a slow cooker or Dutch oven. Cost \$5. Checks payable to CCE Albany. Must preregister by 3/19 with Karen at kem18@cornell.edu or 518-765-3552.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
3/21, 3/22, 3/26 & 3/27/2019	8:30 AM - 4:30PM	Mold Assessor Training - This 32 hour Mold Assessment course is required for professionals who will perform mold assessment and will design and write remediation plans for mold remediation/abatement projects in New York State. The course covers mold health hazards, biological sampling, and best mold assessment practices from preparation to cleanup. This is a 4-day class broken up into two 2-day segments. Attendance is necessary at all 4 days for certification. Course includes Interactive training with an experienced instructor, hands-on activities for maximized learning, detailed student manual for use in the field, NYS Department of Labor notification of completion, and Mold Assessor training course certificate. Cost is \$750.00 and includes training, continental breakfast & program materials. Register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 . For more information contact Al at ARK249@cornell.edu or 518-765-3529 OR Nancy at NKL1@cornell.edu or 518-765-3521.	Rensselaer County Department of Health 2 nd floor conference room 1600 7 th Avenue Troy, NY 12180
3/22/2019		2019 Mohawk Watershed Symposium - Reconnect with friends and colleagues working in the basin, and get up to speed with the latest developments in the watershed. The Geology Department at Union College will host the Eleventh Symposium on the physical aspects of the Mohawk Watershed in New York State. The meeting highlights recent and on-going work in the watershed during oral and poster presentations. Register online - https://union-college.formstack.com/forms/2019_mohawk_watershed_symposium .	Union College 807 Union Street College Park Hall Schenectady, NY 12308
3/23/2019	10:00 AM - 2:00 PM	Maple Fest: Celebrating the Wonderful World of Maple Syrup - Experience a taste of the "sweet world of maple sugaring" as part of the New York Maple weekend at CCE's Agroforestry Resource Center. The event will provide an opportunity to learn about sugar mapling procedures, including demonstrations in our own sugar shack, fun "maple syrup" taste testing, and displays of antique maple sugaring equipment. There will be an opportunity to buy maple sugar products from several diligent local maple producers. Delicious pancakes with pure maple syrup will also be available for sale in case you get hungry. Program is free. For further information: Call 518-622-9820 x100.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
3/26/2019	1:00 PM - 2:00 PM	Food for Diabetes - What foods can safely be eaten while on a diabetic diet? Does diabetes mean that a person is doomed to eating boring food? Come join us and find out! 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
3/27/2019	10:AM - 12:00 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 Rm. 204 Albany, NY 12202
3/28/2019	1:00 PM - 2:00 PM	Salad Container Gardening - It's easy to grow your own greens. We will create some small container gardens, talk about green harvest, and share some recipes. For more information about this program please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Greater Glens Falls Senior Center 380 Glen St, #1 Glens Falls, NY 12801