

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

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"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"

Cornell Cooperative Extension

CCE IN YOUR COMMUNITY

Albany, Columbia & Greene, Fulton & Montgomery, Rensselaer, Saratoga, Schenectady, Warren, Washington Counties

CALENDAR OF EVENTS

APRIL 2019

4/2/2019	7:45 AM - 5:00 PM	EPA's Lead Renovation, Repair, & 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 & child occupied facilities built before 1978 be trained & certified as a renovator. 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 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 .	Steinmetz Homes Community Room 120 Emmons St. Schenectady, NY 12304
4/4/2019		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
4/4/2019	7:45 AM - 5:00 PM	EPA's Lead Renovation, Repair, & 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 & child occupied facilities built before 1978 be trained & certified as a renovator. 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 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 .	Hamden Town Hall 37029 State Rt. 10 Hamden, NY 13782
4/6/2019	8:30 AM - 2:00 PM	Spring Gardening Day - This year's event will include keynote speaker, Margaret Roach. Margaret is an author, and well-known, avid gardener and consultant residing in Columbia County. She was the first garden editor for Martha Stewart Living magazine and has authored two books on gardening. The day will also include a participant's choice of a class topic in three different sessions relating to aspects of gardening. Some of the topics include: reinventing perennials, designing your front yard, creating a cutting garden, vegetable gardening and many more. Register online to https://reg.cce.cornell.edu/2019GardeningEvent_210 or call 518-828-3346 x209. Additional information, contact Emily at 518-828-3346 x209 or ew387@cornell.edu .	Columbia-Greene Community College 4400 State Route 23 Hudson, NY 12534
4/9/2019		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
4/10, 4/17, 5/1, & 5/8/2019	10:00 AM - 11:30 AM	Strengthening Families Program: Just for Grandparent Guardians (of youth ages 5 -10)! - During each session caregivers will learn about: stress management strategies for you and your child(ren), the importance of setting limits and following through on consequences, improving family communication and problem-solving skills, showing love and giving compliments. For more information contact Maria DeLucia-Evans 518-765-3559.	Giffen Memorial Elementary School 274 S. Pearl St. Albany, NY 12202

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

4/10, 4/17, & 4/24/2019	6:30 PM - 8:30 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. This free program is sponsored by the Saratoga Springs Lions Club. For more information contact Diane Whitten at 518-885-8995.	Cornell Cooperative Extension Saratoga County 50 West High Street Ballston Spa NY, 12020
4/11/2019	8:30 AM - 4:30 PM	Recipe for Success: A Workshop for Food Entrepreneurs - If you're thinking of making and selling a favorite recipe, or even if you already have a small food business, the presenters of this program can give you guidance. Their experience and expertise in licensing a food product, processing, packaging, marketing, pricing & selling are an invaluable resource. Register online - https://www.eventbrite.com/e/recipe-for-success . Cost is \$65.00. For more information contact Diane Whitten at 518-885-8995.	Cornell Cooperative Extension Saratoga County 50 West High Street Ballston Spa NY, 12020
4/13/2019	10:30 AM - 12:00 PM	Garden Tools: Choosing and Using - Discover the tools you need to garden well, where to get them and how to use them. Examples of tools, good and bad, will be available, and a Weed Bandit will be raffled off. \$5.00 registration fee, make check payable to CCE Albany then mail along with your name, phone#, email address and workshop title. For more information contact 518-765-3516.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
4/13/2019	4:00 PM	New York State 4-H Shooting Sports 20th Annual Banquet & Auction Fundraiser - Tickets are available via credit card by calling 518-885-8995, ask for Wendy McConkey.	Fort William Henry Lake George, NY 12845
4/16/2019 Tentative	7:45 AM - 5:00 PM	EPA's Lead Renovation, Repair, & 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. For more information, contact AI at 518-765-3529. Register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	CEO JLB Community Resource Center 2328 Fifth Avenue Troy, NY 12180
4/16/2019	12:00 PM - 1:00 PM	Leftover Ham Dishes - What can you do with leftover ham? Come and find out! This class will include an instructional portion as well as a time for questions and answers. 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
4/16/2019	6:00 PM - 7:30 PM	Mediterranean Diet and Cooking Class - Cost is \$5. Must preregister by calling or emailing Karen at 518-765-3552 or kem18@cornell.edu .	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
4/16 & 4/23 2019	4:00 PM - 5:00 PM	Financial Steps to Success! A Two-Part Financial Literacy Education Program - 4/16 - Back to Budgeting Basics - Learn tips & strategies to improve your basic budgeting skills. This workshop will help you set financial goals, track monthly expenses and create a working budget. 4/23 - Understanding Your Credit Report & Score. Do you know what's in your credit report? This workshop will show you how to easily obtain and review a free credit report, understand your credit score, and provide strategies on how to rebuild your credit. Advanced registration is encouraged by contacting Maria at 518-765-3559, mkd59@cornell.edu or text 518-598-9937.	Cohoes Falls Apartments 2 N. Mohawk Street Cohoes, NY 12047
4/17/2019 Tentative	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 518-765-3529. 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 Troy, NY 12180
4/17 & 4/18 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
4/18/2019	6:00 PM - 7:30 PM	Getting Started With Poultry - Are you interested in raising chickens, turkey, ducks, or other species of poultry? Join us to learn more about the basics to help you get started. Topics will include where to get your birds, species and breeds, animal care & handling, health, and products from your birds. To take advantage of the early registration price of \$10, please register by April 16th. Fee: \$10 per person (\$15 per person at the door). Register online at https://tinyurl.com/GettingStartedWithPoultry or call Tove Ford at 518-765-3518.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
4/22 - 4/24 2019		4-H Tractor Safety Certification & ATV Safety - National Safe Tractor & Machinery Operation Program & ATV Safety Program - Youth will learn essential safety skills, gain hands on experience with tractors, skid steers & ATV's, earn their HOSTA safety certification once they pass the written & tractor operation tests. Youth 14 & 15 years old are required to have a NSTMOP certificate when employed on farms & agri-businesses that includes operating equipment. The fee is \$25.00 for enrolled 4-H members and \$30.00 for non-members. For more information contact Chrys Nestle at 518-746-2560.	Farm Tours in Rensselaer County on day 1 Washington County Fairgrounds
4/22 & 4/29 2019	10:00 AM - 11:30 AM	Dining With Diabetes - What foods can be safely eaten while on a diabetic diet? How do you count carbs? Are there foods that should be avoided? What about physical activity; does that affect diet? This interactive class will answer all of these questions, and more! 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
4/23/2019	9:00 AM - 4:00 PM	Hunter Safety Education Certification Course - Completion of this course will enable participants to obtain their NYSDEC hunting licenses. Registration is required, along with homework to be completed before the class. For more information about this program please contact John Bowe 518-668-4881.	Dunham's Bay Fish & Game Club 2080 Ridge Road Queensbury, NY 12804
4/25 - 7/25 2019	6:00 PM - 7:00 PM	Anger Management - This is a 12-week anger management course being taught by a Certified Anger Management Specialist-1. The course utilizes the evidenced-based and nationally recognized <i>What's Good About Anger?</i> curriculum. Participants will receive a copy of the <i>What's Good About Anger?</i> Fourth Edition and a certificate of completion will be awarded after completion of 12 weeks (participants who enroll after the first class will be asked to return for the start of the next class cycle but will not be asked to pay an additional fee). Cost: \$50.00 per person. Register online by https://reg.cce.cornell.edu/angermgt2_210 or by calling 518-622-9820 X 100.	Cornell Cooperative Extension Columbia & Greene Counties 479 Route 66 Hudson, NY 12534
4/26/2019	10:00 AM - 3:00 PM	Forest Health and Productivity Report Card Workshop - Preparing Your Woods for More Frequent Disturbance- Gregg Sargis from The Nature Conservancy and Kristina Ferrare from CCE Onondaga will present on the Tug Hill ISPZ project and the Forest Health and Productivity Report Card. An outdoor walk to review the report card is planned. Please wear sturdy footwear and dress for the weather. There will also be an update on the MFO FRESH program. Please call 518-885-8995 to RSVP.	Cornell Cooperative Extension Saratoga County 50 West High Street Ballston Spa, NY 12020
4/27/2019	9:00 AM - 2:30 PM	2019 Schoharie Watershed Summit Digging Deeper: Understanding How Geology Affects the Schoharie Basin - The 13 th annual Schoharie Watershed Summit is focused on Digging Deeper: Understanding how geology affects the Schoharie Basin. This program is for all water resource stakeholders, including municipal officials, planners, engineers, watershed managers, regulators, and property owners. Afternoon workshops may count towards municipal credits for planning and zoning board members. For more information call 518-622-3620 x104. Register by April 16th https://www.gcswwd.com/calendar/education/2019-schoharie-watershed-summit .	Windham Mountain Resort 19 Resort Drive Windham, NY 12496
4/27/2019	10:00 AM - 12:30 PM	Growing Forest Fungi & Other Mushroom Cultivation Options - Are you interested in exploring how to grow your own mushrooms or perhaps start a small scale mushroom operation? Participants in this workshop will learn various techniques for growing different species of mushrooms using a variety of materials. You will also participate in a hands-on experience inoculating bolts of wood with shiitake spawn and bring home your own inoculated log for personal enjoyment. If you are interested in learning how to grow a variety of mushrooms, you won't want to miss this program. Cost: \$20.00 per person. Register online by April 22nd online - https://reg.cce.cornell.edu/GrowFungi2019_210 or call 518-622-9820 x 100.	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
4/29/2019	6:30 PM - 8:00 PM	Spring Clean Your Home & Finances - In addition to cleaning out winter's dirt and grime, it's time to put your financial house in order! The good news is that it doesn't need to take all day or weekend to spruce things up. There's plenty you can do in five, 15 and 30 minute increments that can help you tidy up your finances in a jiffy! Register online - https://reg.cce.cornell.edu/CleanHomeFinances_210 or call the library at 518-766-2715.	Nassau Free Library 18 Church Street Nassau, NY 12123
4/30/2019 Tentative	7:45 AM - 5:00 PM	EPA's Lead Renovation, Repair, & 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 & child occupied facilities built before 1978 be trained & certified as a renovator. Registration forms can be found on CCE Albany County's website at http://www.ccealbany.com/ & 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. 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 Rm. 204 Albany, NY 12202