

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>

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Cornell Cooperative Extension

CCE IN YOUR COMMUNITY

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

CALENDAR OF EVENTS

May 2019

5/1/2019	1:00 PM - 4:30 PM	2nd Annual Spring Turn Out Grazer Meeting - At this meeting you will learn: how our regional beef production fits into the NYS & National market landscape, baleage production, prevention and control of internal parasites in cattle and small ruminants, pasture fly control strategies for all livestock, direct marketing your products online and in person. \$10 per person, register by April 29th. Registration at the door is \$15 per person. Register online at https://tinyurl.com/SpringTurnOut or contact 518-765-3518 or cce-caahp@cornell.edu .	St. Croix Farm 14 Ridge Rd Valley Falls, NY 12185
5/2/2019	5:30 PM - 6:30 PM	Landscape Design Seminar - This workshop covers the basics of landscape design for novice designers and those wanting to refine their approach. For more information contact Jess Holmes 518-623-3291.	Town of Johnsbury Library 219 Main Street North Creek, NY 12853
5/3 - 5/5 2019		NYS 4-H Forestry Weekend at 4-H Camp Shankitunk in Delaware County - This program teaches youth (10 and over) who have an interest in forestry how to identify, measure, and calculate board feet or management theories from standing trees based on woodland plot analysis. The use of compasses, pacing, and topographical maps is covered. Must be current 4-H members and have scheduled or complete a public presentation to attend. For more information contact John Bowe at 518-623-3291.	4-H Camp Shankitunk 2420 Arbor Hill Road Delhi, NY 13753
5/4/2019	9:00 AM & 10:45 AM	Spring Gardening Classes - The class " Vegetable Gardening Basics " will provide tips on preparing and planning your garden, along with some tips on harvest and timing. " What's That I See? " continues on to teach insect and disease problems, as well as what to look out for during the upcoming Spring Garden Season. Light refreshments will be served and, as additional courtesies, soil pH testing will be available along with a variety of publications to purchase, and free handouts on gardening topics and pests. The cost is \$10. Drop-ins will be charged \$15. Pre-registration and payments need to be submitted by April 22nd. Registration forms are available at the CCE of Saratoga County. For more information call 518-885-8995 or email eah29@cornell.edu .	Cornell Cooperative Extension Saratoga County 50 West High Street Ballston Spa, NY
5/4/2019	9:00 AM - 1:00 PM	Riverkeeper Sweep - The Agroforestry Resource Center of CCE of Columbia and Greene Counties will lead volunteers in the 2019 Riverkeeper Sweep community service event. Volunteers are needed at the Bayard Elsbree Memorial Park in Preston Hollow to help with maintenance of trees and shrubs that were planted in 2015 to help buffer the Catskill Creek as part of the Hudson River Estuary's Trees for Tribs (tributaries) program. The park is located on the west side of NYS Route 145 just north of the intersection of Route 145 and Cheese Hill Road. Volunteers should meet in the park by the creek side, and are asked to wear sturdy shoes or boots, clothing that can get dirty, and should bring a hat, sunscreen, reusable water bottle and snacks. Register online by May 1st at https://reg.cce.cornell.edu/RiverkeeperSweep_210 or by calling 518-622-9820.	Bayard Elsbree Memorial Park Preston Hollow, NY 12469
5/4/2019	1:00 PM - 4:00 PM	Beginner Maple Program and Backyard Reverse Osmosis - Do you want to learn how to tap your trees for syrup? Tapping maple trees and making maple syrup is one of the most time honored rural winter traditions, resulting in a delicious product. This program will cover a variety of areas relevant to anyone fairly new to maple production, either the small commercial producer or back yard hobbyist. Please register by April 26th online: https://reg.cce.cornell.edu/MapleOsmosis2019_210 or call 518-622-9820 x100.	Cornell Cooperative Extension Columbia & Greene Counties 479 Route 66 Hudson, NY 12534

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

5/5/2019	1:00 PM - 4:00 PM	Spring Foraging - Come explore the grounds at the Extension Education Center and learn about the value of woodlands and fields in a new way. Presenters Tusha Yakovleva and Tracey Testo will be your guides to discovering wild edibles in your surroundings. Participants will learn what is available on a seasonal basis as well as how to collect food without disturbing or endangering a plant population. Recommendations will also be given on how to safely collect food with the help of local resources and experts. Register online by May 2nd at https://reg.cce.cornell.edu/SpringForage2019_210 or call 518-622-9820 x 100.	Cornell Cooperative Extension Columbia & Greene Counties 479 Route 66 Hudson, NY 12534
5/6/2019	10:00 AM - 11:00 PM	Instant Pot Class - So, what can you do with an instant pot? Come and find out! For more information contact Marybeth Mitcham 518-623-3291.	Lake Luzerne Senior Center 539 Lake Avenue Lake Luzerne, NY 12846
5/6/2019	6:00 PM - 7:30 PM	Spring Clean Your Home and 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! Items to be targeted include what's physically in your home (think file cabinets or piles of paper), what's on your computer and what's in your wallet. A home spring cleaning checklist will also be shared. This is a free event register by May 3rd online https://reg.cce.cornell.edu/CleanFinances_210 or call the library at 518-945-1417.	D. R. Evarts Library 80 2nd Street Athens, NY 12015
5/07/2019	7:45 AM - 5:00 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
5/7/2019	1:00 PM - 2:00 PM	Moving on Mother's Day - Come and move your way to health, while having fun! For more information contact Marybeth Mitcham 518-623-3291.	Glens Falls Senior Center 380 Glen Street Glens Falls, NY 12801
5/10/2019	1:00 PM - 3:00 PM	Healthy Diets as you Age - Do dietary needs change as you age? How can you adjust your diet to meet these needs, without compromising in taste? Come and join us for an interactive class as we find out! For more information about this program please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	SUNY Adirondack 640 Bay Road Queensbury, NY 12804
5/11/2019	10:00 AM - 12:00 PM	Schenectady County Forest Preserve Woods Walk - Come learn about aquatic invasive species through a woods walk at the Schenectady County Forest Preserve hosted by the NY Forest Owners Association, SCEAC Invasives Committee, and Capital Mohawk PRISM. Jeff Kehoe, the Vice-Chair of the Capital District NYFOA chapter, will be discussing silviculture/forest cover and how it plays into water quality as well as potential management options for regenerated hardwoods within the forest. Gwendolyn Temple, the Aquatic Invasive Species Coordinator for the Capital Mohawk PRISM, will discuss the detriments of aquatic invasive species to NYS waterways and general statewide boat inspection protocol to prevent the transport of these species. For more information contact Spencer Barrett 518-885-8995.	Schenectady County Forest Preserve Lake Road Delanson, NY 12053
5/14/2019	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. 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/ & 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 info. 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 .	YouthBuild Schenectady Social Enterprise and Training (SEAT) Center 131 State Street Schenectady, NY 12305
5/15/2019	6:00 PM - 7:30 PM	Wildlife Habitat Education Program - Amazing Amphibians. Meet at CCE Warrensburg and travel to Pack Forest to do a walking tour to look for frogs, toads, and salamanders. Vernal pools should be in full swing at this time of year and we will look for egg masses. No fee! Cloverbuds 5-7 and all participants will need a ride from CCE to Pack Forest. For more information contact 518-623-3291.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
5/16/2019	3:30 PM - 5:00 PM	Teen Dish Gardening Class - Learn how to design, plant and take care of your own dish garden. For more information contact Jess Holmes 518-623-3291.	Lake George Public Library 336 Canada Street Lake George, NY 12845
5/16/2019	6:00 PM - 7:30 PM	Llama and Alpaca Parasite Management Workshop - Learn how to keep your camelids healthy, happy, and free from parasites! In addition to the farmers of Sweet and Savory Farmette, our guest speaker Emaly Leak of Autumn Hill Llamas and Fiber, will guide us through ways to prevent parasites through management, how to tell if our llamas or alpacas have parasites, how to run your own fecal analysis with a microscope, and strategies to treat your animals if they do have parasites. To take advantage of the early registration price of \$10, please register by May 14th. Registration at the door is \$15 per person. Register online at https://tinyurl.com/LlamaAlpacaWorkshop or contact 518-765-3518 or cce-caahp@cornell.edu .	Sweet and Savory Farmette 2082 Buskirk-West Hoosick Road Buskirk, NY 12028
5/17/2019	7:45 AM - 5:00 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. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	City of Albany Dept. of Youth & Workforce Services 175 Central Avenue Albany, NY 12206
5/18/2019	9:00 AM - 1:00 PM	Garden Education Day - Plant, Garage & Bake Sale proceeds help to fund the Albany Master Gardeners community education programs. FREE Educational Demonstrations & Displays including Composting, Native Plants, Asian Jumping Worms & other Invasive Species, Garden Tours, Ask a Master Gardener. For more information contact Carole Henry 518-765-3516.	Cornell Cooperative Extension Albany County 24 Martin Road Voorheesville, NY 12186
5/18/2019	9:00 PM - 4:00 PM	Wild Edibles Program - What wild plants are able to be safely eaten? Are certain parts of plants safer than others? What about the timing of harvesting? This interactive class, open to the general public, will cover identification, harvest, and preparation techniques of a number of safely edible wild plants. Please note that this class will be held, rain or shine, so make sure to dress accordingly! Participants should plan to pack a lunch. Cost will be \$20 per person. Registration is required by calling the CCE office at 518-668-4881.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
5/18/2019	10:00 AM - 4:00 PM	Saratoga Horse Symposium - The Saratoga Horse Symposium feature well known equine experts and veterinarians, along with live horse demonstrations, riding clinics, and educational presentations. Horse enthusiasts from across New York State and New England look forward to this popular annual event every year. In addition to the Symposium's daily events a Silent Auction is featured with a fantastic selection of goods and services donated by many local businesses. All proceeds from this annual fundraiser directly benefit educational CCE Equine Programming and the 4-H Training & Education Center. For more information contact Ashley Keatley 518-885-8995.	Saratoga County 4-H Training & Education Center 556 Middle Line Road Ballston Spa, NY 12020
5/21/2019	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. RRP Refresher classes are 4 hours and include a light breakfast. 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 .	Steinmetz Homes Community Room 120 Emmons Street Schenectady, NY 12304
5/21 & 5/22 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, NY
5/23/2019	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. RRP Refresher classes are 4 hours and include a light breakfast. 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 .	Capital South Campus Center 20 Warren St. Rm 204 Albany NY, 12202
5/25/2019	10:30 AM - 3:00 PM	Lesser Celandine Removal Workday with The Millay Society - Please bring water and gloves. Participants will be trained in invasive species identification and removal. Rain date of April 1st. For more information contact Spencer Barrett 518-885-8995.	440 East Hill Road Austerlitz, NY 12017
5/31/2019	1:00 PM - 2:00 PM	Nutrition Education Program - During this program, participants will learn about nutrition and health, and make and try new recipes. For more information about this program please contact Marybeth Mitcham at mem467@cornell.edu or 518-668-4881.	Support-Link 383 Bay Road Queensbury, NY 12804