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 affect 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 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 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://ccercapitalregion.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/EO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities*

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### CCE IN YOUR COMMUNITY

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

**CALENDAR OF EVENTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/1/2019</td>
<td>1:00 PM - 4:30 PM</td>
<td>2nd Annual Spring Turn Out Grazier Meeting - At this meeting you will learn: how our regional beef production fits into the NYS &amp; National market landscape, bagasse 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 <a href="https://nyunr.cornell.edu/SpringTurnOut">https://nyunr.cornell.edu/SpringTurnOut</a> or contact 518-765-3518 or <a href="mailto:cce-caanhp@cornell.edu">cce-caanhp@cornell.edu</a>.</td>
<td>St. Croix Farm 14 Ridge Rd Valley Falls, NY 12185</td>
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<tr>
<td>5/2/2019</td>
<td>5:30 PM - 6:30 PM</td>
<td>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.</td>
<td>Town of Johnstown Library 219 Main Street North Creek, NY 12853</td>
</tr>
<tr>
<td>5/3 - 5/5 2019</td>
<td></td>
<td>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 woodlot 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 Roe at 518-623-3291.</td>
<td>4-H Camp Shankitunk 2429 Arbor Hill Road Delhi, NY 13753</td>
</tr>
<tr>
<td>5/4/2019</td>
<td>9:00 AM &amp; 10:45 AM</td>
<td>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 <a href="mailto:eah29@cornell.edu">eah29@cornell.edu</a>.</td>
<td>Cornell Cooperative Extension Saratoga County 50 West High Street Ballston Spa, NY</td>
</tr>
<tr>
<td>5/4/2019</td>
<td>9:00 AM - 1:00 PM</td>
<td>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 Elsberry 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 Tribes (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 <a href="https://reg.cce.cornell.edu/RiverkeeperSweep_210">https://reg.cce.cornell.edu/RiverkeeperSweep_210</a> or by calling 518-622-9820.</td>
<td>Bayard Elsberry Memorial Park Preston Hollow, NY 12469</td>
</tr>
<tr>
<td>5/4/2019</td>
<td>1:00 PM - 4:00 PM</td>
<td>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: <a href="https://reg.cce.cornell.edu/MapleOsmosis2019_210">https://reg.cce.cornell.edu/MapleOsmosis2019_210</a> or call 518-622-9820 x100.</td>
<td>Cornell Cooperative Extension Columbia &amp; Greene Counties 479 Route 66 Hudson, NY 12534</td>
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*continued on next page...*
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 be able to identify, taste, and learn new recipes to enjoy what you find! 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 Spencer Barrett 518-899-5895.

Saratoga Horse Symposium - The Saratoga Horse Symposium feature well known equine experts and veterinarians, along with live horse demonstrations, riding clinics, and educational presentations. Please note that due to COVID restrictions seating is limited. To take advantage of the early registration price of $10, please register by May 14th. Registration at the door is $15 per person. Registration at https://www.universityatb流行的/Extension/ or contact 518-899-5895 or cee-ark249@cornell.edu.

Llama and Alpaca Parasite Management Workshop - Learn how to keep your camelids healthy, happy, and free from parasites! In addition to featuring the farmers of Sweet and Savory Farmette, our guest speaker Emily 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. Please register online at https://www.universityatb流行的/Extension/ or contact 518-899-5895 or cee-ark249@cornell.edu.

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 518-688-4881.

Columbia & Greene Counties

Saratoga Horse Symposium - The Saratoga Horse Symposium feature well known equine experts and veterinarians, along with live horse demonstrations, riding clinics, and educational presentations. Please note that due to COVID restrictions seating is limited. To take advantage of the early registration price of $10, please register by May 14th. Registration at the door is $15 per person. Registration at https://www.universityatb流行的/Extension/ or contact 518-899-5895 or cee-ark249@cornell.edu.

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.

Spring Clean Your Home and Foods - 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 is 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 tidy up your finances in a jiffy! Items to be targeted include what’s in your house (like the file cabinet in the spare bedroom that you’ve been thinking about purging), what’s on your computer and what’s in your wallet. A home spring cleaning checklist and what’s in share this. This is a free event register with May 3rd online at https://reg.cce.cornell.edu/CleanFinances_210 or call the library at 518-945-1417.

Electric Vehicle Workshop - In this session, learn about the basics of EVs, the regulations governing them, and the impact they are having on the automotive industry and the environment. This 1-hour workshop is led by a local EV owner and EV enthusiast, and is free to the public. Registration is required by calling Queenans Lake George location 518-688-4881.

EPA’s Lead Renovation, Repair, and Painting (RRP) Initial Training - The federal renovation, repair and painting (RRP) program requires that anyone who is paid to perform work that disturbs paint in housing and child occupied facilities built before 1978 be trained, certified, and meet certain standards. For more information, contact Al 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.

Spring Moving on Your Mother - Come and move your way to health, while having fun! For more information contact MaryBeth Mitcham at mm467@cornell.edu or 518-688-4881.

Wild Edible Program - 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 be able to identify, taste, and learn new recipes to enjoy what you find! 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 Spencer Barrett 518-899-5895.

Instant Pot Class - For more information about this program please contact MaryBeth Mitcham at mm467@cornell.edu or 518-688-4881.

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