**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, 12306, 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](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 1978, 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 then you should call our hotline. 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](http://ccecapitalregion.org). Find us on: Facebook - [https://www.facebook.com/CCECapitalRegion](https://www.facebook.com/CCECapitalRegion) OR Twitter - [https://twitter.com/CCECapitalReq](https://twitter.com/CCECapitalReq)

"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."
8/8/2019 5:30 PM - 8:00 PM Quick Pickles - Come learn how to make delicious pickles, the quick, easy way! You will learn how to use a boiling water canner to safely preserve fresh, local vegetables. Take home a jar of either dilly beans or bread and butter pickles. Cost is $15. Call or e-mail Karen to register at 518-765-3552 or km1@cornell.edu by August 5th.

8/8/2019 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 Cornell Cooperative Extension of Albany County's website at http://www.ccealbany.com and can be faxed or mailed. Contact Al at 518-882-9820 or e-mail ARK249@cornell.edu to sign him or call 518-765-3529 or 518-603-4702 or contact Nancy at NKL1@cornell.edu or call her at 518-765-3521. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201.

8/8/2019 6:00 PM - 8:00 PM Seedstock Beef Production - Well known nationwide for their high quality animals, join Phil Trowbridge and family to learn the ins and outs of selecting elite genetics, which include heterler calves, cows, bulls, embryo packages, and more. We will also be joined by the state of New York State Agriculture and Markets staff to discuss new regulations on tagging and identification of cattle. To the advantage of the early registration price of $10, register by August 7. Register online at http://tinyurl.com/SeedstockBeefProduction. Registration at the door is $15 per person. FSA Borrower Training Credits are approved for this class. If you would like to register by phone or have questions, please contact 518-765-3518 or e-cce-cnp@cornell.edu.

8/9/2019 7:00 PM - 8:00 PM Preparing Flavored Vinegar - Learn to safely prepare flavored vinegar. This is a hands-on class where participants will end up bringing flavored vinegar home. Cost: $10. Registration deadline August 5th. To register go to the Preparing Flavored Vinegar event page http://ccejacobiangreenevents.org/2019/08/09/preparing-flavored-vinegars-or-by-calling-518-622-9820-x-100.

8/14 & 8/15 2019 6:00 PM - 9:00 PM Parents Apart - A parent program designed specifically for parents who are separating, divorcing, or parenting apart from the other parent. The main focus is on helping parents understand what their children are experiencing and how they can help them through this transition. All classes are open to everyone you do not need to be referred! Class size is limited. You must register in advance by calling Cornell Cooperative Extension of Washington County 518-746-2500.

8/17/2019 10:00 AM - 12:00 PM August Mushroom Foray - One of the best ways to learn about wild mushrooms is to accompany an experienced mushroom person into the field. We will meet at the CCE’s Agroforestry Resource Center and walk across the road to the sluice model for the foray. As we explore our mushroom-rich woods, Bob Beyfuss will talk about the mushrooms he recognizes and discuss their edible, medicinal, and other uses. We will walk on the roads and paths on Old Mariaville Road and also at the southern edge of the property and display the mushrooms we find. A light lunch will be served. Please bring a small book with mushrooms or try to look up some of the methods used in identifying them. Cost: $10. Registration deadline August 9th. To register call 518-863-9820 x 100.

8/20/2019 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 Cornell Cooperative Extension of Albany County’s website at http://www.ccealbany.com and can be faxed or mailed. NYS code officials can review and certify the training. 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.

8/20/2019 4:00 PM - 6:30 PM Delaware Community Farmers’ Market - Cooking demonstration with seasonal vegetables from the farm. For more information please contact April Rodri 518-765-3555.

8/21/2019 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 Cornell Cooperative Extension of Albany County’s website at http://www.ccealbany.com and can be faxed or mailed. NYS code officials can review and certify the training. For more information, contact Al at ARK249@cornell.edu or call him at 518-765-3529 or 518-603-4702 or contact Nancy at NKL1@cornell.edu or call her at 518-765-3521. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201.

8/21/2019 5:30 PM - 8:00 PM Tomatoes 101 - Learn how to can fresh, local tomatoes the safe way. We will be using both the boiling water canning process and a steam canner to preserve crushed tomatoes and salsa. Take a jar of each home. Cost is $15. Payment should be sent to CCE Albany. Call 518-765-3552 or e-mail km1@cornell.edu to contact Karen by August 16th to register.

8/21/2019 6:00 PM - 7:30 PM Compost Happens - Join the Master Gardener Compost Team for an evening of compost discussion. Learn about different methods of home composting, what can be composted, the essential components, testing for maturity and troubleshooting. $5.00 registration fee. Check payable to CCE Albany. Secure mail along with your name, phone number, email address and workshop title. For more information contact Carole Henry 518-765-3516.

8/22/2019 10:00 AM - NOON Challenges of the Shade Garden - Shade gardening presents many challenges and many rewards. Join us for a discussion of tips and tools to make your shade garden a delight. We will cover such topics as: soil texture and pH; plants and patterns for different light conditions; types of lighting options. On-site examples and drawings will illustrate all options as well as some basic design suggestions. $5.00 registration fee, check payable to CCE Albany then mail along with your name, phone number, email address and workshop title. For more information contact Carole Henry 518-765-3516.

8/22/2019 6:00 PM - 7:00 PM Nutritious, Local and Seasonal Meal Preparation - Learn to prepare a nutritious and delicious meal utilizing local, in-season produce. The evening begins with a discussion of what makes a food nutritious, followed by the preparation of a three-course meal. It wraps up with participants enjoying the meal they just helped prepare. This is a hands-on workshop so participants should be prepared to work with the food prepared. Each participant will receive a booklet of recipes to take home. For more information, or to provide information about any dietary restrictions, please contact Rebecca Polmateer at 518-622-9820 x117. To register contact the Heerance Memorial Library at 518-731-8084.

8/22/2019 8:30 PM - 9:30 PM 10th Annual CCE Golf Tournament & Silent Auction - Please join us on August 24, 2019 for the 10th Annual Cornell Cooperative Extension Golf Tournament. All proceeds from this benefit will be used to help financially support Cooperative Extension educational programs. Sign up early and save!! Prepay by August 16th $95.00 per person. Pay on the day of the event cost per person $100.00. Includes: green fees, cart, cart, barbeque, goody bag, awards and prizes. The tournament will begin with registration at 9:00 a.m., followed by a shotgun start at 10 a.m. The tournament format is a 4-person scramble. Individual players are welcome and will be placed with other players in same skill level, if requested by contacting Al at 518-765-3529 or 518-603-4708.

8/24/2019 6:30 PM - 7:00 PM Herb Tasting - Kimberly Ann Maerklein from EatSmart NY will lead a nutrition class. We will use herbs from the garden and supplemented by EatSmart NY to try on flatbreads which will be provided by EatSmartNY. In addition to the nutrition workshop, participants will be invited to do work in the garden including weeding and turning the compost pile. Please register online at https://friendsofdvcc.edu/education-workshops.

8/28/2019 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 credits. 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.