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?id=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
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

OCTOBER 2019

9/25, 10/2, 10/9, 10/16, 10/23/2019
10:00 AM - 12:30 PM
The Strengthening Families Program - Just for Parents/Caregivers! - We explore a variety of topics, including effective parenting strategies, showing love and setting limits, managing stress, handling peer pressure and bullying, and setting goals/working towards a positive future. Dinner/fundraising is provided at each workshop, and bus passes are available for transportation assistance. Advanced registration is required by contacting Maria DeLucia-Evans at 518-765-3559 or mskld65@cornell.edu.

10/2, 10/9, 10/16, 10/23/2019
7:00 PM - 9:00 PM
QuickBooks for Farmers and Growers - We’ll review: basic accounting concepts and reports, how to set up a chart of accounts to fit your operation, invoicing and cash receipts, recording and paying purchases and expenses, reconciling accounts, production and analysis of financial statements. Know how much money your business makes with clear reports and dashboards: track details, expenses and income - all in one place, see your profitability - clearly and quickly. Laptops with QuickBooks 2018 installed will be provided for training if you do not have your own. Payment required to reserve space. Cost $55.00. For more info. contact CCE Herkimer County at 315-866-7920 or see http://blogs.cce.cornell.edu/cceherkimer/2019/09/04/quickbooks-for-farmers-and-growers/ for the flyer with the registration tear-off.

10/3/2019
9:30 AM - 12:00 PM
Mailing Barley Growers Meeting - Growers, Malster’s, and Brewe’s, join CCE Capital District, CCE Uster County, and Hudson Valley Malta to get updated about this year’s Mailing Barley Crop, review best management production practices, learn about malt quality specs, and find out the latest research being conducted by the Cornell Mailing Barley Research Team. Topics that will be covered: this year’s MB Crop update, best practice management, planting, harvest, storage, malt quality and spec, Cornell research and mailing barley education team information. For more information contact Aaron Gabriel 518-746-2560.

10/5/2019
12:00 PM - 2:00 PM
Food Preservation - In this class, you’ll discover the basics of food preservation safety skills (a must when preserving food) and how to safely make freezer jam, refrigerator salsa fresca, jerky and refrigerator pickles. Each participant will have the option to bring home one jar of refrigerator salsa fresca, one jar of refrigerator pickles and one jar of freezer jam. To register call 518-743-2238.

10/5/2019
5:00 PM - 6:30 PM
Welcome Wellness Event hosted by Boys & Girls Club - Are you back to healthy nutrition this school year? Jillian Ludwig from Eat Smart New York, will have a table with nutrition information about healthy cooking, meals, and snacks for families. Stop by on any questions you may have regarding healthy nutritional choices.

10/8 & 10/15/2019
6:00 PM - 9:00 PM
Parenting Apart - The child-focused program addresses the needs of families in transition after the separation, divorce or break up of a relationship with children involved. For more info. or to register, contact Roxanne Westcott at rmw38@cornell.edu or 518-668-4851.

10/9/2019
6:30 PM - 8:00 PM
Backyard Permaculture Class - Join us to learn about how you can implement permaculture in your own backyard through gardening, farm animals and water resources. Pre-register with payment by October 4th. Contact CCE Warren at 518-668-4851 or by email jnm452@cornell.edu.

10/10/2019
10:00 AM - 12:00 PM
Food Smart Families - Each month, the second grade class at Big Cross Street School will learn how to be healthy, through learning about nutrition, engaging in physical activity, and just having fun! For more information about this program please contact Marybeth Mitchell at mm467@cornell.edu or 518-668-4851.

continued on next page...
Nutrition Program - Each month, participants learn how to be healthy, through learning about nutrition, engaging in activities, and just having fun! For more information about this program please contact MaryBeth Mitcham at mm467@cornell.edu or 518-668-4881.

One Pot Healthy Mexican Meals - Put your Instant Pot/multi-use/pressure cooker or Slow Cooker to good use for making delicious, easy weeknight meals. Call or e-mail Karen to register by 10/8 at 710-765-3552 or email kem18@cornell.edu. Cost $5.50. Please send checks to address at the right.

Healthy Snacks - A Training for Child Care Providers - What are some healthy snack ideas that child care providers can provide for the children in their care? Is milk a good drink option for snack time? Come and find out! For more information about this program please contact MaryBeth Mitcham at mm467@cornell.edu or 518-668-4881.

Preparing the Garden for Winter - For more information contact Jess Holmes at 518-623-3291.

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 https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201. The 8 hour EPA RRP Initial training course can be used the 8 hours toward professional development electives. For more information, contact Al 518-765-3529. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201.

EPA's Lead Renovation, Repair, & Painting (RRP) Refresher 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 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 https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201. The 8 hour EPA RRP Initial training course can be used the 8 hours toward professional development electives. For more information, contact Al 518-765-3529. Registration is also available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201.

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