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 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 than you should call our partner, the Rensselaer County Health Department at 518-270-2040 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 dp46@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
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

January 2020

1/2/2020 6:00 PM - 7:00 PM Introduction to Winter Growing Webinar - Join vegetable specialists Elisabeth Hodgdon (ENYCHP) and Judson Reid (Cornell Vegetable Program) for a webinar on winter vegetable production in high tunnels. The following topics will be covered: Soil fertility and High Tunnel Preparation; Crops; Planting Dates; Pest and Disease Management; & Marketing Considerations. An open question and answer session will follow the webinar. Register online - https://enych.cce.cornell.edu/event preregistration.php?event=1298.

1/3/2020 9:30 AM - 10:30 AM Eat Smart NY Program - Join our Nutrition Educator in Amsterdam for a morning of fun and learning! Eat Smart New York Nutrition Education is FREE to all individuals who qualify and/or receive benefits through the Supplemental Nutrition Assistance Program. Increase your knowledge on eating healthy and being active! For more information call 518-765-3555.

1/3/2020 1:00 PM - 4:00 PM Intermediate Archery - Participants will continue to build on the skills of basic archery by practicing, stance, anchor point, and release. You must be 8 years of age, be an enrolled 4-H member, and have completed basic archery to participate in the program. Fee is $5. Registration is required and can be accomplished by calling Michele Baker at 518-668-4881.

1/7/2020 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. 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.

1/7/2020 12:00 PM - 3:00 PM Farmer Discussion Group Meetings - Topics include: Farm Business Management; New & Old Pests; Soybean Cyst Nematode; Waterhemp; Knapweeds; Western Bean Cucumber; Palmer Amaranth; Bedstraws; Marestail (Horseweed); Demonstration of a mobile app prototype to determine machinery & crop production costs. Please register at least one day before the meeting date. $5 for lunch. Contact Aaron Gabriel at 518-380-1496 or go to: https://tinyurl.com/FarmerDiscussionGroups2020 or CCE-CAAHP@cornell.edu.

1/12/2020 12:00 PM - 3:30 PM Intergenerational Snowshoe - Stay active, healthy, and connected during the winter months, and join us as we enjoy the beautiful outdoors and get some exercise at the same time. This intergenerational snowshoe opportunity is open to individuals of all ages, and will also include discussion about dietary and hydration needs during outdoor winter activities. For more information about this program please contact Marybeth Mitcham at mm467@cornell.edu or 518-668-4881.

1/18/2020 12:00 PM - 3:00 PM Farmer Discussion Group Meetings - Topics include: Farm Business Management; New & Old Pests; Soybean Cyst Nematode; Waterhemp; Knapweeds; Western Bean Cucumber; Palmer Amaranth; Bedstraws; Marestail (Horseweed); Demonstration of a mobile app prototype to determine machinery & crop production costs. Please register at least one day before the meeting date, $5 for lunch. Contact Aaron Gabriel at 518-380-1496 or go to: https://tinyurl.com/FarmerDiscussionGroups2020 or CCE-CAAHP@cornell.edu.

continued on next page...
1/16/2020 8:00 AM - 9:00 PM

**Parenting Apart**
- Join us for an interactive program for parents/caregivers and youth (grades K - 5). Childcare will be provided.
- Maximizing your children’s budget: Tracking tax refund & planning for the unexpected
- Admission: $15.00 for ENYCHP enrollee, $25.00 for Non-ENYCHP enrollee
- For more information contact Roxanne Westcott at rmw38@cornell.edu or 518-668-4881.

1/17/2020 8:00 AM - 9:00 PM

**Eat Smart NY Program**
- she provides education about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong!
- 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.

1/17/2020 10:00 AM - 12:00 PM

**Twelfth Annual Winter Green-Up**
- Come join us at our twelfth Winter Green-Up, the Capital District’s original grazing conference!
- Topics include: Soil health, Reduced till systems, New NYS labor laws; Question and answer
- For registration forms, contact the Capital Region Chapter of the NYS Grazing Business Association at mem467@cornell.edu or 518-668-4881.

1/19/2020 12:00 PM - 3:00 PM

**Farmer Discussion Group Meetings**
- EPA’s Lead Renovation, Repair, and Painting (RRP) Initial Training - The federal Renovation Repair & Painting Rule (RRP) requires RRP certifiers to provide training for lead paint disturbers. Those certified under the initial training must complete a refresher course on the fifth year after certification. More information at https://tinyurl.com/PTFarmerTaxSchoolTroyReg to attend the Troy session. Register by phone by calling 518-765-3518.

1/19/2020 6:00 PM - 9:00 PM

**Window Replacement Workshop**
- This class is designed to teach landlords, homeowners, tenants, and contractors how to replace old windows using lead safe work practices. Workshop topics related to window replacement will include: Lead poisoning prevention education;
- Tools needed; Cost benefits; Energy savings. Educational resources and free cleaning supplies will be provided to all participants. Pre-registration is required online at https://tinyurl.com/PTFarmerTaxSchoolHudsonReg to attend the Hudson session, or online at https://tinyurl.com/PTFarmerTaxSchoolTroyReg to attend the Troy session. Register by phone by calling 518-765-3518.

1/19/2020 9:00 PM - 12:00 AM

**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. Registration forms can be found on CCE Albany County’s website at http://www.ceeb Knicks.com and can be faxed or mailed.
- NYS code officials successfully completing CCE Albany County’s 6-hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information at 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.

1/22/2020 8:00 AM - 12:00 NOON

**EPA’s Lead Renovation, Repair, and Painting (RRP) Initial Training**
- The federal Renovation Repair & Painting Rule (RRP) requires RRP certifiers to provide training for lead paint disturbers. Those certified under the initial training must complete a refresher course on the fifth year after certification. More information at https://tinyurl.com/PTFarmerTaxSchoolTroyReg to attend the Troy session. Register by phone by calling 518-765-3518.

1/23/2020 5:00 PM - 7:30 PM

**Eat Smart & Live Strong**
- 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.

1/23/2020 8:00 PM - 10:00 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. Registration forms can be found on CCE Albany County’s website at http://www.ceeb Knicks.com and can be faxed or mailed.
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