A letter from...

The Association Executive Director & Board President

Dear Friends of Extension,

On behalf of Cornell Cooperative Extension of Albany County (CCE) we are pleased to present the 2019 Annual Report. This report showcases many of our remarkable educational program initiatives and highlights some of our accomplishments this past year. We are thankful for CCE’s 50 outstanding staff and over 250 volunteers who provide exceptional, skillful dedication to our mission of providing research based education and outreach to benefit the constituents of Albany County. Additionally, we are truly appreciative for all the support we receive from county, state, and federal governments, our linkages to Cornell University, and the many collaborative partnerships we have with hundreds of local agencies, organizations, municipalities, schools, and businesses. These alliances combine to help us disperse a multitude of relevant educational resources to enrich the lives of so many audiences across Albany County and the capital region.

Please join us in celebrating CCE’s achievement. We look forward to continued success of making such a vital impact throughout Albany County!

Lisa V. Godlewski
Association Executive Director

Susan Dwyer
Board President

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Financial Report

Program Revenue

- County Support 34%
- State Support 31%
- Federal Support 20%
- Other Support 15%

Program Expenses

- Employee Salaries 45%
- Employee Benefits 28%
- Equipment & Vehicle expenses 1%
- Program/Operating expenses 20%
- Rent, Maintenance & Misc 6%
4-H Urban Program & Albany Youth Community Action Network

The Cornell Cooperative Extension Albany County 4-H Urban Program continues to expand its scope in the urban communities of Albany County. In response to a need to provide more widespread programming to youth during the summer months, 4-H educators brought STEM, Environmental Sustainability, Animal Science, Agriculture, and Nutrition Education programming to several sites during the months of July and August. Summer programming was presented at the following locations: Howe Public Library, Hope House, Lawson’s Lake (Boys and Girls Club Summer Program), Children’s Place at the Plaza, Trinity Alliance, Arbor Hill Community Center, Sheridan Preparatory Academy, Refuge Welcome Center, South End Children’s Café, Watervliet Elementary School, Watervliet Civic Center, and the Albany Victory Garden.

468
Youth participated in Earth Day programming at Lawson Lake and various schools and community agencies in Albany County

680+
Youth attended urban 4-H Summer Exploratory Programs at 12 different sites in the City of Albany

380
Youth received nutrition and garden-based education at 8 community garden sites

2,100+
Urban youth participated in 4-H programming at 25 sites in Albany County

19
Teens enrolled in Albany Youth CAN (Community Action Network) completing numerous community service projects throughout the City of Albany

12
New community based organizations received Urban 4-H programming on topics such as animal science, environmental conservation, STEM and nutrition
4-H Clubs & Special Interest Programs

The 4-H Youth Development program offers Albany County youth ages 5-18 the opportunity to learn and practice new skills in a safe and nurturing environment. A wide variety of projects are available for youth to participate in, including nutrition, natural resources and the environment, animal science, civic engagement, and community service. Through 4-H clubs, county-wide events, career exploration trips, after-school programs, and special interest groups, youth are exposed to positive youth development and experiential learning as key components to assist them in developing a sense of purpose and direction in life.

300+
Youth are currently involved in 4-H club programming, with more than 50 volunteers providing their time and expertise to help youth identify their areas of interest and pursue their life goals.

70
Youth participated in 4-H Vet Science, 4-H Agriculture and 4-H Dog Adventure series, and dog obedience programming.

1,000+
Individuals and families attended the 3rd annual Family Farm Day at Two Rock Ranch in Berne where they learned about agriculture while visiting a working sheep farm.

145
Albany County 4-H members participated in all aspects of the Altamont Fair, including animal shows, 4-H Junior Superintendent activities, milk shake booth shifts, and educational exhibits and displays.

5,980
Volunteer hours were contributed by Albany County 4-H Leaders.

150
Youth participated in 4-H Equine and Livestock programming throughout 2019.
The Capital Area Agricultural and Horticultural Program (CAAHP) Regional Agriculture/Horticulture Team

The Capital Area Agricultural and Horticultural Program (CAAHP) provides education through workshops, newsletters and consultations, utilizing traditional and electronic means to:

- Improve business profitability and performance
- Assist producers in attaining goals for a better quality of life in their business and work environment
- Guide and support environmental stewardship
- Support growers in developing markets for their agricultural products
- Provide leadership for fostering relationships between the agriculture industry and the general public

The CAAHP educator team works with a wide variety of agriculture and horticulture producers across a six-county region, reaching a diverse clientele, from those who aspire to start farming as a profession to established, multi-generational farm businesses.

<table>
<thead>
<tr>
<th>Count</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>162</td>
<td>Certified applicators attended Pesticide Recertification Day</td>
</tr>
<tr>
<td>15</td>
<td>Farm women attended the Annie’s Project workshop series</td>
</tr>
<tr>
<td>115</td>
<td>Farmers attended the Winter Green-Up 2019 Conference</td>
</tr>
<tr>
<td>100</td>
<td>Producers attended the Growing Industrial Hemp meeting</td>
</tr>
<tr>
<td>1,735</td>
<td>Subscribers received the weekly CAAHP E-Newsletter</td>
</tr>
<tr>
<td>23</td>
<td>Beef farmers attended the 2019 Beef Quality Assurance workshop</td>
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</tbody>
</table>
Youth from nine City of Albany elementary schools visited the City of Albany Normanskill Farm and were presented information on: beef, sheep, stream ecology, Erie Canal history, blacksmithing, pollinators, and streambank erosion.

Youth working with the Albany Goes Green committee planted 1,000+ trees in three locations in the City of Albany: Corning Preserve, Washington Park and Harriet Myers Home.

College of Saint Rose students visited a local dairy farm to learn about the environmental issues that dairy farmers face and how to develop nutrient management plans and pesticide safety programs to protect the environment.

Youth working with the Albany Goes Green committee planted 1,000+ trees in three locations in the City of Albany: Corning Preserve, Washington Park and Harriet Myers Home.

The Local Agriculture Program Staff:
- Conducted the annual review of Albany County’s Agricultural Districts 1, 2 & 3.
- Assisted area Farmers Markets to help connect local producers and vendors with customers around the Capital District.
- Facilitated the Albany County pest management committee which was formed in 1998 to reduce the use of pesticides in county owned and operated facilities.
- Participated on the Albany County District Attorney’s Animal Cruelty Task Force, providing large animal production management education in potential cases of animal abuse.

The first Agricultural District in Albany County was created and certified in 1974. Since that time, there are three certified Agricultural Districts in the county, encompassing 71,017 acres. This acreage represents most of the county’s productive farmland in all of the 10 towns in Albany County.
Master Gardener Volunteer Program

The Master Gardener Volunteers (MGV’s) of Albany County provide an invaluable service to the community through garden-based educational programming, community gardens, hotline assistance, presentations and tabling events. Every other year new volunteers are trained to become Master Gardeners, preparing them to be peer educators who build relationships with the community to fulfill the extension mission. The trainees participate in a ten week, 60+ hour training program and are paired with a MGV mentor for the first year. Each MGV is required to volunteer a minimum of 60 hours per year, including 20 hours on the MGV Hotline.

During 2019, Master Gardener Volunteers engaged with youth and adults through garden-based education provided at inner-city schools, garden clubs, senior and community centers, the Normanskill Farm, Huyck Preserve and other locations. Children ages 8-12 participated for the second year in a week-long Garden Adventure program taking place in the Cornell Cooperative Extension Albany County (CCE) demonstration and vegetable trial gardens this summer. CCE teamed up with the Police Athletic League (PAL) to provide transportation to the summer program for children residing in the City of Albany.

8,908
Volunteer hours were contributed by 113 Master Gardener Volunteers equaling the work of 4.5 full time employees

1,093
Consumer questions were answered and educational materials provided at 45 community outreach events with over 10,000+ people in attendance

446
Youth participated in 12 garden-based learning multi-day programs

1,318
Adults attended 67 Master Gardener Volunteer Speaker’s Bureau presentations and workshops

368
Soil pH tests, plant diagnosis, and insect identification inquiries were completed in our consumer horticulture lab

1,575+
Gardening questions were answered through the Master Gardener Hotline, email, and web inquiries
Positive Parenting

Cornell Cooperative Extension Albany County has identified a strong need for parenting education programming in our community and has responded by offering the Magic Years, a three-part parent education program for parents/caregivers of children from birth to age four.

Topics Include:

- Managing Stress and Understanding Child Development
- Setting Routines
- Parenting Styles and Discipline Tools

The Magic Years curriculum was developed by Cornell University and Cornell Cooperative Extension Jefferson County. These programs can be offered as a series, or each can be a stand-alone program.

Cornell Cooperative Extension Albany County also offers Positive Parenting Education. These groups are provided on an ongoing basis at partnering groups or organizations. Information shared in these groups comes from the Magic Years curriculum or Parent Pages, a resource developed by Cornell University’s Parent Project.

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**50**

Participants have attended

The Magic Years, a three-part parent education program

**9**

Positive Parenting Education Groups were held on an ongoing basis at partnering organizations

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Healthy Starts at Home Program

The “Healthy Starts at Home” program supported by the Blue Fund of Blue Cross/Blue Shield of Northeastern New York provides a series of educational opportunities to allow parents/caregivers the chance to spend special time learning with their youth to create a safe and healthy home. Our work focuses on strengthening the family structure to help raise healthy, resilient youth.

Topic areas include:

- Good nutrition and healthy meal preparation
- Stress management and mindfulness
- The importance of regular physical activity
- Safety in the home
- Dealing with peer pressure
- Avoiding risky behavior

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**16**

Families participated in the

Healthy Starts at Home series

**200+**

Households received a comprehensive in-home health and safety assessment and were provided with information regarding the importance of keeping well child and adult doctors’ visits, including a review of required immunizations
Financial Literacy Education

Financial literacy education has long been a key programmatic component of Cornell Cooperative Extension’s Division of Human Ecology. Our financial literacy educator provides workshop-based education throughout Albany County on a variety of personal financial management topics including budgeting, credit and debt management, and understanding credit reports and scores, among others.

The focus of this education is to empower area residents with the knowledge and expertise to better achieve personal financial security and stability, while working towards future goals. The majority of programming is specific for limited-income individuals and families. Many families, for a variety of reasons, struggle to make ends meet each month. Our programming teaches how to better understand personal financial choices and options as a way to move towards financial self-sufficiency. Many program participants cite our programming as a key part of their understanding how to create a working monthly budget or check their credit report online.

13
Different workshops on a variety of financial literacy topics were developed and are available free of charge to any area organization (to host) or participant (to attend)

200+
Participants attended a financial literacy workshop this year in Albany County. These programs help families stretch their dollars and maximize their use of available community resources.

Strengthening Families Program

The Strengthening Families program is an interactive series of workshops that allow parents/caregivers to spend special time with their youth and help him/her be successful in the teen years. During each session, parents/caregivers and their youth learn ways to build on existing strengths, improve communication skills, and have fun together as a family. Topics for discussion and activity include how to set limits while supporting growth, the challenges of peers and peer pressure, and keeping family love alive and giving compliments, among others. In an effort to remove potential barriers for family attendance, dinner and transportation assistance is provided. Families also receive a family-fun gift basket for attending.

This program is funded by the Albany County Department of Children Youth and Families, and targets families within the county prevention system, though any interested family may attend. Parenting during the teen years can be challenging, and this program strives to empower families by celebrating family strengths, improving communication skills, and providing support to both youth and parents/caregivers. Educators are trained through the Iowa State Extension System to deliver the Strengthening Families curriculum. The program is delivered in a three-week series, a one-night program depending on the needs of the community, or a “just for parents/caregivers” program.

117
Family members participated in a Strengthening Families series

8
Community partners, including Giffen Memorial Elementary School, Arbor Hill Elementary School, and Brighter Choice Charter School for Boys, collaborated to successfully reach families in high-need City of Albany zip codes.
Green & Healthy Homes Initiative (GHHI)

Green & Healthy Homes Initiative (GHHI) is a national program that works to break the link between unhealthy housing and unhealthy families. In 2017, GHHI was introduced to the capital region. With funding support from MVP, Cornell Cooperative Extension Albany County educators have played a significant role from the beginning by providing home assessments, resident education, data collection, and resources and referrals. Problems in homes such as mold, lead, insufficient heat or cooling, and lack of smoke and carbon monoxide detectors are being addressed by the GHHI. Examples of repairs or improvements to homes and residents health include:

- providing and installing smoke alarms and CO detectors
- arranging for an asthma educator home visit to provide education and products to control asthma
- making referrals for a lead inspection/assessment or to an abatement program to reduce lead exposure
- providing HEAP assistance/installing an air conditioner
- making referrals to local home repair programs to fix electrical or accessibility problems

Cornell Cooperative Extension Albany County educators work collaboratively and successfully with several dozen agencies toward GHHI’s goal of improving health, safety, and energy efficiency and lowering housing and health care costs for limited income residents in the capital region.

Home Energy Assistance Program (HEAP)

HEAP is a federally funded program that assists income-qualified individuals to help defray the cost of heating their homes and offers education regarding other energy programs. Energy conservation is discussed at the time of application. Energy education is also provided through community presentations and referrals. HEAP outreach events were held at the following locations: Hilltowns ACCESS Center, Rensselaerville Town Hall, Colonie Senior Resources Department, Altamont Seniors, Cornell Cooperative Extension Albany County, U.S. Committee for Refugees and Immigrants, and Bethlehem Town Hall. Applicants to the HEAP Program were referred to Weatherization, Eat Smart New York, Lead Education, Financial Literacy, the Healthy Neighborhoods Program, and other services and programs. Cornell Cooperative Extension educators assisted the individuals with the following eligibility programs:

- 1,782 Regular HEAP Applications
- 66 Air Conditioner Applications
- 31 Clean and Tune Applications
- 998 Emergency HEAP
- 25 Furnace Repair and Replacement (HERR)

20+ Outreach dates were held throughout Albany County

2,902 Albany County residents were reached through HEAP Outreach and Education

183 Residents were educated through GHHI with 85 homes receiving assessment education

40+ Individuals from 30 different agencies are involved with the GHHI to improve housing environments and residents health and safety
Healthy Neighborhoods Program

Working in conjunction with the Albany County Department of Health (ACDOH), the Healthy Neighborhoods Program (HNP) was funded for another year to help improve the health, safety, living environment, and overall quality of life for residents in targeted communities in Albany County. Cornell Cooperative Extension Albany County (CCE) educators focused their HNP home visit education in the following areas in the City of Albany; zip codes 12202, 12206, 12208, 12209, 12210 and the cities of Cohoes and Watervliet.

The HNP in Albany County consists of trained educators who assess the home environment for hazards, educate residents about these issues, provide educational resources and intervention materials, and refer individuals to additional assistance in the community. The HNP environmental health concerns focus on reducing residential injuries, lowering childhood lead poisoning, controlling asthma, decreasing exposure to indoor air pollutants, and preventing fire deaths. Additional topics include smoking cessation, radon testing, mold prevention, and adopting Integrated Pest Management (IPM) techniques.

- **787** Homes in Albany County received a HNP initial visit/revisit teaching residents how to improve their living environment and their health
- **527** Smoke detectors were provided to households without working smoke alarms and fire safety education was taught to all residents
- **150** Homes were provided smoke detectors working in partnership with the American Red Cross
- **1,367+** Referrals were made to the HNP by organizations and agencies in the past year (6,993+ referrals have been made in the past 4 years)
Community Nutrition and Wellness Program

The community nutrition educator has presented programs to more than 2,840 residents throughout the county in a variety of locations - from public libraries, college campuses, churches, and farmers’ markets, to senior housing centers and corporate offices using hands-on, interactive cooking and teaching methods. Popular topics include Harvest Soups and Stews, Mediterranean Diet Cooking and Mindful Eating. Additionally, the nutrition educator was featured on the Spectrum News early morning show on two separate occasions, presenting on the topics of Food Safety during the Holidays and the Mediterranean Diet. Home food preservation has been of continued interest and Albany County residents took part in home food preservation technique classes such as making jams and jellies, pickles, fermented foods, salsa, soups, applesauce, dehydrated herbs and fruit leather. In collaboration with Saratoga County, Cornell Cooperative Extension held a three-day Master Food Preservation class enabling participants to be certified to share their knowledge with others in their communities. This year, our nutrition educator served as a spotlight speaker for prediabetes classes, educating more than 50 adults on how to take an active role in preventing this disease. In addition to the regular nutrition programming, education regarding the Hudson River Fish Advisory has been disseminated throughout the county in more than 60 locations, targeting those most vulnerable to contaminated fish exposure.

1,250 +
Youth and adults were educated on Hudson River safe catch fish and preparation methods through the Hudson River Fish Advisory Project

55
Adults participated in a series of One Pot Cooking classes for the electric Multi Pressure Cooker and Air Fryer

9
Food preservation workshops were held with over 40 adults participating in learning techniques which included; Pressure Canning Low Acid and Fermented Foods, Quick Pickles, Freezing and Dehydrating Foods

60+
Adults participated in a series of 4 classes and learned the skills necessary to manage their life with diabetes and promote good health
Capital Region Eat Smart New York Program

Capital Region Eat Smart New York (ESNY) is a regional initiative, serving nine counties in the greater Capital Region. The goal is to provide nutrition education workshops, materials and messages, and environmental, policy, and systems change activities and support to assist SNAP and SNAP eligible youth and adults to:

- Increase the consumption of nutrient dense fruits, vegetables, whole grains, lean meats and low-fat dairy products
- Reduce the consumption of sugar-sweetened beverages, and low-nutrient foods and beverages containing large amounts of added sugars, saturated fat, and sodium
- Increase physical activity and reduce sedentary behaviors
- Improve food resource management and food preparation skills
- Increase access to affordable and nutritious food

Reported Behavior Change:

**Youth**
- 94% consumed more fruits or vegetables
- 91% increased their physical activity
- 86% consumed fewer sugary beverages

**Adults**
- 81% consumed more fruits or vegetables
- 74% increased their physical activity
- 83% consumed fewer sugary beverages

19,059 Adults and youth were reached through 32,267 ESNY contacts

2,333 ESNY workshops and events were conducted throughout the Capital Region
Radon Education Program

Cornell Cooperative Extension Albany County educators teach residents about radon prevention through a variety of educational classes, presentations, and displays held at health fairs, wellness events, lead trainings, workplace sites, libraries, and environmental days.

168

Homes were tested with free radon test kits provided by Cornell Cooperative Extension

540

Residents learned about radon testing and exposure and how to avoid its serious health effects

Lead Poisoning Prevention Education Program

Lead poisoning continues to be a serious community health concern. Children under six years of age and unborn babies are at greatest risk for health problems. Poisoning occurs when lead (dust) is inhaled, swallowed or absorbed through the skin. Living in pre-1978, older, and poorly maintained housing increases the risk of lead poisoning. Individuals that have been educated about lead poisoning know that it is preventable.

Cornell Cooperative Extension (CCE) Albany County educators work closely with the County Health Departments throughout the capital region, the New York State Department of Health, local doctor’s offices, and medical entities to provide a comprehensive approach to reducing childhood lead poisoning. Cornell Cooperative Extension Albany County offers extensive lead prevention in-home education to identify residences and children that are at risk. These families are then referred to the local health department for childhood blood testing, a lead home assessment, medical follow-up, or a combination of these free services. As EPA accredited training providers, CCE Albany County educators also provide free trainings for individuals to become certified renovators. Workers are required by federal law to take these classes if they are disturbing more than six square feet of a painted surface in housing built before 1978.

In the past year, CCE Albany County offered free EPA training classes certifying hundreds of contractors, landlords, homeowners, tenants, and tradespeople as EPA qualified renovators. These individuals now know how to work safely and prevent lead poisoning. The federal renovator accreditation is good for five years. In the past ten months, several dozen residents learned about preventing lead poisoning and living in a safe environment by participating in one of CCE Albany County’s Window Replacement Courses.

502

Individuals were trained and certified by Cornell Cooperative Extension as EPA renovators

36

EPA lead training classes were offered in the past year by CCE Albany County

15

Community facilities worked with CCE Albany County to hold EPA lead renovator classes
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Lisa Godlewski

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Our Mission:
Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being.
We bring local experience and research-based solutions together, helping New York State families and communities thrive in our rapidly changing world.