## Cornell Cooperative Extension of Schenectady County

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*Indicates Board member who left during the year

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*Indicates staff members who left during the year

### Eastern New York Commercial Horticulture Program

- **Mike Basedow**
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- **Amy Ivy**
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### Capital Area Agriculture & Horticulture Program

- **Hank Bignell**
- **Sandra Buxton**
- **Lily Calderwood**
- **Tove Ford**
- **Aaron Gabriel**
- **Steve Hadcock**

### Greater Capital Shared Business Network

- **Michael Bartholomew**
- **Jim McNaughton**
- **Michael Ryan**
- **Erik Yager**

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~ Serving Schenectady County Since 1918 ~

Arden Lawand, Master Gardener Volunteer  
Graphic Design
September 2017

Dear Friend of Extension,

2017 has been a year of building and strengthening partnerships that position Cornell Cooperative Extension, Schenectady County (CCE,SC) to continue to be a valued resource for Schenectady County residents. This year has marked the beginning of new programming in the areas of consumer horticulture and nutrition. For the first time, CCE,SC was able to partner with Schenectady ARC and Schenectady County Community College to develop and implement a certificate in horticulture program. This was a fantastic collaborative effort. Additionally, CCE,SC is once again working with Schenectady County to develop and deliver recycling and composting education for a variety of audiences. Both programs are highlighted later in this document. Nutrition programming in group homes of Schenectady ARC began in August of 2017. This work is made possible through United Way funding and will continue into 2020.

2017 also marks the 99th year Cornell Cooperative Extension has been educating Schenectady County residents. As we begin to plan the Centennial, we are excited to look back at our history and accomplishments as well as look forward to the future of Cornell Cooperative Extension, Schenectady County. Follow us on Facebook or visit our website as we will post Centennial-related events throughout the year.

Finally, the Association Board of Directors and staff would like to thank the many volunteers who give back countless hours of service and prove to be one of CCE,SC’s most valued assets. We invite you to take a few moments to read through the Annual Report and learn more about the educational programs offered through Cornell Cooperative Extension, Schenectady County.

Sincerely,

Emily Perks Quinlan
Board President

Sarah Peciar
Association Executive Director
Improving the health and well-being of individuals and families is a primary focus of several CCE,SC programs.

Nutrition education programming including:

- The Expanded Food and Nutrition Education Program (EFNEP), Supplemental Food Program for Women, Infants and Children (WIC), and Office for the Aging contracts enable educators to work with audiences ranging from infants to the elderly.

- Partners in Community Health (PICH) allows educators to work on environmental changes in food pantries that are serving at-risk individuals in the community.

- Healthy Schenectady Families (HSF) is an evidence-based home visiting program that provides education and family support to pregnant and newly parenting Schenectady County residents. HSF, in conjunction with the New York state Office of Children and Family Services (OCFS), produced, “Why HFNY (Healthy Families NY) is a Good Call: A Video for Referral Sources, Expecting and New Families” that is not only featured on the OCFS website but includes CCE,SC staff and participants as well.
89% of EFNEP participants improved in nutrition practices including making healthy food choices and reading food labels; 81% improved in food resource management practices such as planning meals, comparing prices and using grocery lists.

Since graduating a breastfeeding peer counselor class of three, the WIC program experienced a rise in breastfeeding initiation rates from 68.8% peaking at 72.7%.

540 seniors participated in nutrition education programming with 40% making dietary improvements.

Four food pantries have adopted new healthy food policies to facilitate donation and distribution of healthier foods to those they serve.
CCE,SC’s youth programming reaches young people throughout Schenectady County and encompasses a variety of topics.

In programs such as Little Diggers, 4H, and Supplemental Nutrition Assistance Program-Education (SNAP-Ed), youth as young as 3 years are exposed to science, technology, engineering, and math in fun, non-traditional learning environments. Youth learn-by-doing, and as a result, are able to develop critical thinking skills that will serve them throughout their lives.

Little Diggers is a gardening program that brings together a diverse group of pre-school aged children from Schenectady County. The program aims to instill healthier lifestyle choices such as healthy eating and physical activity through garden-based learning and lays the foundation for an understanding of where our food comes from.

In addition to Science Technology Engineering and Math (STEM) programming, 4-H also focuses on Healthy Living and Citizenship. SNAP-Ed is designed to improve the likelihood that persons eligible for SNAP will make healthy food choices.

By targeting school-aged youth, we are able to build knowledge and skills in the area of nutrition at an early age and lay the foundation for healthier food choices throughout their lifespan.
16 children between the ages of 3-5 years participated in the Little Diggers gardening program and connected with the environment through gardening, storytelling, crafts, drama and physical games.

4H reached over 250 Schenectady County youth through STEM programs including:

- 4H Flight School – aerospace and aerodynamics
- A Search for Energy – clean alternative energy
- Rockets to the Rescue – rocketry and aerodynamics
- Nature Detectives – environmental education
- Lasting Impressions – geology and paleontology
- Beyond Duck, Cover and Hold – seismology and engineering

SNAP-Ed worked with 40 different elementary classrooms primarily in the Schenectady City School District, and delivered over 200 nutrition lessons increasing ability to make healthier food choices.

50 scouts participated in programs at the Sustainable Living Center, Central Park Greenhouses aligning with badge requirements in the areas of vegetable gardening, composting and entomology.
Roots and Wisdom is a youth agriculture and community service program that brings together urban, suburban, and rural Schenectady County residents to grow organic vegetables for sale and donation within the county. Program participants actively learn about sustainable agriculture, hunger, nutrition, and diversity.

Eighteen youth participated in the summer of 2017. Over 7,000 pounds of produce grown with youth assistance in two urban gardens were distributed to Harvest Share members, sold to the local community through the youth-run farm stand, and donated to local food pantries.
“I work at Roots and Wisdom where I do gardening and landscaping. But to me this place is more than just a job, it’s a sense of home or a safe haven. I’m scheduled to work from 8:30 am to 1:00 pm, but I stay as late as they let me because I enjoy being here and enjoy what I do here. My time being here has opened up more opportunities for me than any other job ever has.”

Shawn S., youth participant

“I am a volunteer here at Roots and Wisdom. Even though I don’t get paid, working here has changed the way I think about the world. This is a great place to do great things for the community. It has shown me to live with an open mind and to think of others around me. I have also become more responsible at home.”

Bella M., age 15
The mission of the Master Gardener program is to provide sound, practical, research-based information to the public in residential and consumer horticulture. Master Gardeners volunteer time applying their knowledge and love of plants, people, and the environment to help residents solve garden problems and make environmentally-sound decisions.

In the past year, Master Gardeners:

• Delivered educational programs to over 3,500 Schenectady County residents.
• Responded to 3,600 phone or email inquiries on a myriad of issues ranging from household pest management to complex horticultural issues in lawn and landscape settings.
• Tested over 450 soil samples and identified numerous insects and plants.
• Diagnosed plant problems and diseases.
This year the inaugural Horticulture Certificate program was developed and delivered in collaboration with Schenectady County Community College and Schenectady ARC with funding provided by Workforce Development Institute (WDI).

Nine students participated in the twelve week program to gain knowledge and skills for potential employment, including six individuals with developmental disabilities. To date, four program graduates are employed in the field of horticulture.
Schenectady County Recycles is a collaborative program between Schenectady County and CCE,SC. The program provides recycling and waste reduction outreach to residents, businesses, community groups, and schools throughout Schenectady County in an effort to divert waste from landfills, increase recycling participation, promote environmental stewardship, sustainability, and environmental literacy throughout Schenectady County communities. Schenectady County Recycles is funded by Schenectady County with the assistance of grants from the New York State Environmental Protection Fund and administered by the New York State Department of Environmental Conservation.

Since coming on-board in March, the Recycling Educator has provided assistance and education to individuals participating in monthly Household Hazardous Waste collection days offered by Schenectady County, and provided recycling and composting education at over twenty community events.

New collaborative programming is under way with the Museum of Science and Innovation (miSci) for their annual STEM Summit for Educators and Science Festival.
Over 1,000 adults and youth have participated in recycling or composting programming at events and schools throughout the county.

20 adults in the Class of 2017 Master Composter/Master Recycler Training Program will join the effort to reduce waste in Schenectady County through community engagement, public outreach and educational activities.

@SchenectadyCountyRecycles social media network has grown from 243 Facebook followers in March 2017 to presently over 380 followers on three social media platforms.
In 2018, Cornell Cooperative Extension of Schenectady County will be celebrating its 100th year as a leading educational organization in this county!

Cooperative Extensions were created in the early 1900’s with the goal of extending university knowledge and expertise into every county.

In 1918, Cornell Cooperative Extension was formed to deliver educational programming to Schenectady County residents initially in the area of agriculture, and then expanding into home economics and 4-H youth development.

The program names have changed over time, but our commitment to helping residents put knowledge to work to improve their quality of life has not.

Throughout the upcoming year, we will be planning special events to commemorate the Centennial.

Please visit our website www.cceschenectady.org or follow us on Facebook to learn more.

We hope that you are able to join us as we look back on our history and look ahead to the future.
2017 CCESC

2016 Program Revenue

- Total County Support: $811,605 (33%)
- Total State Support: $770,371 (31%)
- Total Federal Support: $794,999 (32%)
- Total Other Support: $89,540 (4%)
- Total Support: $2,466,515 (100%)

2016 Functional Expenses

- Program Services: 80%
- Management & General: 19%
- Fund Raising: 1%
- Total: 100%