



A quarterly report for government officials & agencies; financial supporters; members of the Board of Directors & Program Committee

ACHIEVEMENTS

On March 20, CCEUC hosted a **Money & Credit Card Management Seminar** at the Shawangunk Correctional Facility in Wallkill, for 85 women who work in the correctional system. The program will help the attendees create a spending plan and avoid excessive credit card interest expense by utilizing cost saving payback techniques. The scheduled 1 hour presentation was expanded to 2 hours to accommodate the high number of questions generated in the very interested audience. We have been asked to come back next year to their annual Women's Day Event.

We held a **Rain Gardens for Storm Water Management Workshop** for Municipal Planners and Landscape Professionals on March 28 at the Town of Ulster Town Hall. Over 50 people attended including municipal & county personnel, representatives from environmental organizations, landscape professionals and Master Gardeners. This day long workshop on rain gardens was presented by Cornell and Rutgers Cooperative Extension. This grant funded program is designed to increase community and homeowner awareness of their impact on water quality in our region and to adopt practices that help mitigate problems with storm water runoff. More workshops on rain gardens including two more installations at public sites are planned by CCEUC through 2010.

The two programs that make up **"Eat Smart & Live Well"** have graduated 83 individuals, parents, and seniors in the first half of the program year. "Graduates" have attended at least six lessons which help them to gain the skills they need to shop, cook, and manage their budgets better. To quote M. B., the lessons enabled her to "make some fantastic changes to my lifestyle...like my diet, my budget, shopping, cooking and the way I make choices about food or overall any other important decisions concerning my health."

The **Relatives as Parents Program (RAPP)** currently does case management for 36 families in Ulster County. Our clients consist of 43 adults and 59 children. The RAPP Kidz Club will become an official 4-H club in Ulster County.

The **Hudson Valley Fruit Growers' School** was held in February at the Holiday Inn in Kingston. The event featured over 25 formal presentations plus a trade show. Collaborators included university research faculty, extension staff, government employees and agrobusiness representatives. More than 300 individuals attended portions of the 4 day meeting and learned cutting edge techniques that improved the profitability of their farm operations.

IN PROGRESS

In collaboration with Jewish Family Services Intern, Lee Potter-Paashaus, **"Eat Smart & Live Well"** is working with a group of 10 senior women at Yosman Towers in Kingston to learn how to cook and eat healthier foods. The lessons include activities such as using drums and other percussion instruments to increase physical activity.

Parenting a Second Time Around (PASTA), is being held Monday nights April 13-May 18 from 6-8 pm at the UC BOCES Conference Center in New Paltz. The PASTA program is primarily a refresher course for caregivers who have taken on the role of parenting to a kinship child. The curriculum helps attendees to understand and accept how they came to be in this position, as well as how the children they are caring for are affected. The course also deals with parenting information like how to correctly discipline children and how to understand and foster/nurture the developmental stages of children.

The **Ashokan Watershed Stream Management Program** are now forming Working Groups and Advisory Council Meetings for creating their 2 year Action Plan. There are 4 working groups: Flooding and Erosion, Ecosystem, Stream-based Recreation and Tourism, and Education and Outreach Program. The groups are assessing the recommendations that came out of the stream management plans and making recommendations for the Action Plans.

Grower Alert Messages are being prepared and delivered to 200 commercial growers, extension and research staff throughout the Hudson Valley and in other North Eastern States. Prepared in collaboration with Cornell staff, these e-mail messages keep growers informed of pest management, horticulture and other production issues at critical times to enhance their decision making capabilities. Messages included web links to additional resources such as web sites, photographs, integrated pest management data, scouting summaries and video clips produced in collaboration with Cornell staff.

WHAT'S NEXT

We look forward to increased collaboration with the **Ulster County Department of Social Services** to ensure that people are provided with the tools and skills they need to feed themselves and their families well within their financial means.

The **RAPP Adult Coffee & Conversation Group and Kidz Club**, held every 3rd Monday of the month is starting in September 2009, from 6-8 pm, at the Ulster County Community Action Children's Center, Colonial Gardens, Kingston. The adult conversation group is a way for kinship caregivers to come together and find advocacy and support amongst themselves. It also gives them access to guest speakers and workshops on any topic they may need from saving for college to healthy nutrition.

The annual **4-H Clothing and Textile Arts Revue** for 4-H youth will be held on May 8 at the Old Dutch Church in Kingston. 4-H members show off their efforts in sewing, knitting, weaving, and other textile art projects. The youth model their clothing or other creations for judges, friends, family, and the public. The event celebrates our youths' hard work and gives them an opportunity to practice modeling and public speaking.

Making Ends Meet, a FREE budget and credit card management workshop will be held Monday, May 4 from 6:00pm to 7:30pm at the Saugerties Public Library in Saugerties. Participants will learn tips on how to establish and reach their financial goals.