Community members can purchase a sign to show support for BHS Class of 2020

By Kristine Coulter


Christine Galbo, JoAnna’s mother, explained, “Parents of seniors have been so excited as we anticipate the many special events of their last year of school, such as final sports seasons, school dances, senior class trip, prom, and of course graduation. Now that those events slip away one by one, our hearts ache for our senior events. I’m heartbroken that my grade will never get a normal senior year. I hope we can all stay inside to stay healthy, stop the spread, and end this as soon and possible,” said BHS senior JoAnna Galbo.

How did the idea come about?

Community members may show the Beacon High School Class of 2020 their support when they purchase a sign.

Community members may show the Beacon High School Class of 2020 their support when they purchase a sign.

Cuomo: New York will reopen by region, in phases

By Kate Goldsmith

On Sunday, Gov. Andrew Cuomo outlined a phased plan to safely reopen New York at the appropriate time, taking a regional approach and in coordination with neighboring states. Hospitalizations for COVID-19 are steadily decreasing with neighboring states. Hospitalizations for COVID-19 are steadily decreasing with neighboring states. Hospitalizations for COVID-19 are steadily decreasing with neighboring states. Hospitalizations for COVID-19 are steadily decreasing with neighboring states.

The plan will begin rolling out in a couple of weeks, as the NY on Pause initiative was extended through May 15. Cuomo stressed the “phased” part of the reopening, starting with low-risk construction and manufacturing businesses in parts of the state that have experienced a 14-day decline in the hospitalization rate. Phase Two will include certain industries based on priority and risk level. Businesses considered “more essential,” with inherent low risks of infection in the workplace and to the customer, will be prioritized.

“Officials are closely monitoring the hospitalization rate, the infection rate, and other key health indicators, and will make adjustments to the plan based on this crucial data,” stated Cuomo.

To add an extra level of safety, there will be a two-week waiting period in between phases to monitor the effects of reopening, for example, to make sure hospitalizations and infection rates are not increasing as a result.

Businesses and industries will create plans that include new measures to protect employees and consumers.

“The physical workplace will have to be re-worked, with a focus on the safety of the staff and businesses must implement processes that lower the risk of infection,” said Cuomo. “The state is consulting with local leaders in each region and industry to work through this process.”

Coordinating reopening policies with neighboring states, in particular New Jersey and Connecticut, will be key, the governor said. This coordination will be especially crucial in downstate New York, where the outbreak has been more severe and in the connections between the three states are more intertwined.

Areas that have experienced high infection rates and hospitalizations will be among the last to begin reopening.

As of Sunday, New York State had a total of 288,545 confirmed cases of COVID-19 with 367 deaths, the lowest daily toll in several weeks.

Even as the number of deaths shrinks, Cuomo said, “There is no relative context to death. Death is death. … Every day, this is the worst, most devastating news that I must give to New Yorkers.”

The number of new hospitalizations due to the virus, at 1,087, was also down.

On April 21, Cuomo met with President Trump to discuss testing.

As for what the signs state to the Class of 2020, Galbo remarked, “To those who purchase signs, my class and I thank you for your support and we hope you will continue to support us as we try to reschedule our events if and when the time comes. I want to thank Beacon High School for trying to offer us opportunities to still and have as many events as possible. To my classmates, I’m sorry that this is happening to us all and I know it isn’t how we pictured our senior year.”

Galbo said the last day to order a sign is May 9.

Congratulations and best wishes to BHS Class of 2020!
The City of Beacon is the first New York municipality outside of New York City to adopt the New York State Stretch Energy Code in its requirements. New York leader in addressing climate change and environmental sustainability. More important for people was that it is being a New York leader in addressing climate change and environmental sustainability. More important for people was that it is being a New York leader in addressing climate change and environmental sustainability.

NYStretch accommodates this simply, by being about one cycle ahead of the NY Energy Code in its requirements. This makes the incremental standards both cost-effectively and regionally appropriate — while lowering energy use and greenhouse gas emissions for new and renovated construction.

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NYStretch provides savings of roughly 11% over the 2020 Energy Conservation Construction Code of New York State (2020 ECCCNYS), when that energy code is released by the New York State Department of State. City Administrator Anthony Ruggiero said, “Working with the city of Beacon to adopt NY Stretch Energy Code is the type of partnership that is needed in order to address Governor Cuomo’s nation-leading climate goals. NYStretch supports these goals which include a 40% reduction in greenhouse gas emissions by 2050 and economy-wide carbon neutrality.” A more detailed results of our work will be share them.
DUTCHESS COUNTY COVID-UPDATE

By Kate Goldsmith

As of Sunday, Dutchess County had 2,542 confirmed cases of COVID-19; of those 2,021 are active cases. Hospitalizations have dropped from the previous week; 35 individuals have died from the disease and 486 have recovered. Dutchess has reported 74 hospitalizations thus week, at 13,037.

In his virtual Town Hall on April 22, County Executive Marc Molinaro said the county’s outbreak of COVID-19, the MRC already boasted one of the most robust and active volunteer ranks in the entire state of New York. Following the outbreak of COVID-19, the MRC has seen a dramatic rise in its already active member ranks.

Molinaro and Community Foundations of the Hudson Valley Interim President and CEO Nevill Smythe last week announced $32,400 in grants have been awarded from the Dutchess Responds Fund to aid county residents in need of critical support as a result of the COVID-19 pandemic. These funds have been awarded to community organizations that support to two priorities: Front-line and service-challenged needs.

Molinaro spoke of the county’s response effort during the pandemic, noting a hotline (845-486-3555) staffed by volunteers and county personnel. He praised the Dutchess Responds initiative that has received tens of thousands of donations and has linked volunteers throughout the county with those in need. He thanked the many volunteers who are participating and asked for others to join the cause. Visit www.dutchessny.gov and click on the Dutchess Responds icon at the top of the page to volunteer, donate or learn more.

The county executive commended the Dutchess County Department of Emergency Response and Commissioner Dana Smith on procuring PPE for health-care providers and our first responders. He acknowledged that getting these essential items was an ongoing battle, he noted that the county had distributed thousands of face-masks and -shields, gowns, bottles of hand sanitizer and more.

As always, the big question from those viewing the Town Hall was “when will the county reopen?” Molinaro said, “When we’re ready,” explaining that decisions need to be driven by data, and testing must increase. Molinaro said the state’s own “Get Up to Speed” initiative provides residents the most current information on its COVID-19 Community Impact Dashboard, as well as the state’s own website, dutchessny.gov/coronavirus, its Coronavirus hotline, 845-486-3555, and its Facebook and Twitter accounts.

In brief:

In honor of National Volunteer Week, Molinaro expressed his appreciation to everyone who has donated their time and efforts to supporting Dutchess County’s coronavirus efforts. Through DutchessResponds or the Medical Reserve Corps (MRC), county residents have volunteered thousands of hours of time to support their community. Prior to the coronavirus pandemic, the MRC already boasted one of the most robust and active volunteer ranks in the entire state of New York. Following the outbreak of COVID-19, the MRC has seen a dramatic rise in its already active member ranks.

Molinaro thanked the many volunteers who are participating and asked for others to join the cause. Visit www.dutchessny.gov and click on the Dutchess Responds icon at the top of the page to volunteer, donate, or learn more.

By Kristine Courter

Beacon Community Kitchen, in the City of Beacon, continues serving the community during this hard time. Safe Haven Animal Shelter and Wildlife Center Thrift Shop and Pet Food Pantry, in Fishkill, is taking donations to help local families in need take care of their pets.

“So given the current situation the number of pets and animals that have been increased from serving up to 20 to 30 plus six days a week including some home deliveries. We added another two days,” explained Candie Rivera, with Beacon Community Kitchen.

Beacon Community Kitchen, 483 Main St., is up to serve community members from 10:30 a.m. to noon. All are welcomed Rivera noted.

“We’re serving take-out and as a result we have an added expense,” explained Rivera.

She explained, donations that are received will be used for, but not limited to:

- Take out trays with three compartments
- Plastic bags (case)
- Desserts
- Drinks
- Pervishables (bulk meats, fish, vegetables, etc.)
- Non-perishable foods, items and goods

“If people could care to donate any of these items they should email me first in we have limited storage space,” remarked Rivera.

Rivera added, “Our program, as some chefs named came out of the collaborative effort between In Care Of Our County Beacon Community Kitchen Manual Aid Beacoon. Regular volunteers are: Trish Dangelo, Nubia Gomez, Laura Serrano, Cindy Gould, Tina Kelliher, John Kleintuck, and Sarah Pigg.

Our Thrift Shop, volunteers (with BCK in memone line), or PayPal can be used to make donations. Donations may be sent to:

In Care Of Multi-Services, Inc., PO Box 1485, Beacon, N.Y. 12508.

In Care Of Multi-Services, Inc., PO Box 1485, Beacon, N.Y. 12508.

“On April 1, we moved from Hopewell Junction to 1454 Route 52, Suite 8, in Fishkill in the Dutchess Park Plaza near the Route 52/Beacon, N.Y.640. We opened a pet food pantry at the new location on April 1. Our phone number remains the same 845-392-5300. We have seen an increase in the people needing help since the pandemic,” said Josephine Santoro, Founder & President Safe Haven Animal Shelter.

Santoro said, “Normally, our pantry serves Dutchess County residents whose income is below $40,000 per year. They are required to bring proof of income once a year. However, we are now offering temporary assistance to Dutchess County residents who lost their jobs due to the pandemic. They do not have to provide proof of income.”

Santoro said the pantry will be in need of food when people who recently came to the pet food pantry came back in a few weeks to pick up more pet food.

“Our thrift is closed due to the virus. Only our pet food pantry is open on Saturdays from 10 a.m. – 1 p.m. People who need food or wish to donate money or pet food can come in on Saturdays at that time. We are happy to provide them with a receipt for their donation. They just need to ask for one. We ask that they bring a bag of food to please bring your own bag. We keep our door locked. Please just knock on the door and someone will assist you,” she explained.

Our pet food pantry is in need of dog and cat food dry and wet.

“We do not take prescription food or open bags of dry cat food. We will open bags of dry cat food because we can give them to those feeding feral cats. We prefer to receive the small bags (3 or 4 lbs) rather than the larger 16 lbs or more. We sometimes have to break the large bags down into Ziplock bags to give them to more people. Some people don’t like receiving food that is not in its original packaging. When we have to do that, we write on the bag the expiration date and brand. We do not have bird, rabbit and any other type of pet food besides for dogs and cats,” Santoro remarked.

“Our goal is to supplement what people buy so they don’t have to buy as much. We have never turned anyone away because we ran out of food. So we sometime give less so we can provide something to everyone who comes. I pray this never happens,” she said. Santoro added, “We wish to thank those who have already donated. Without your help we would not make it through another week of helping people feed their pets. We hope things get back to normal soon so we can open our beautiful new thrift shop and raise money again to put in our septic and well so we can open our new shelter in a month.”


Local soup kitchen, pet food pantry are seeking food donations


The Dutchess County Department of Emergency Response and Community Affairs has linked volunteers and county personnel. He thanked the many volunteers who are working during this time.

Some of the meals prepared by Beacon Community Kitchen volunteers.

Some of the meals prepared by Beacon Community Kitchen volunteers.

Photo courtesy of Dutchess County Government.
To the Editor:

I would like to thank all of the Beacon merchants who have stayed open during this pandemic. We have been able to order similar items from several businesses in Beacon. I urge all those who are able to help them to check it out.

Many are doing deliveries, some for free. The prices are very reasonable and some places even offer family size meals for a very reasonable price. We have not been disappointed once.

Thank you Max’s on Main, Towne Crier Cafe, The Beacon Daily, Royal Crepes, Beacon Barking Frog, Melzingsh Tap House, BPA, AMA, Mix Hattie’s, also Key Food, Alps, Solsteds House, Rite Aid, Beacon Natural Market, Scarborough Fare and others.

Thank you St John-St Joseph for being open for the opportunity to seek some solace in a beautiful view. We look forward to seeing you all when it is safe for us all to be out again.

Denise Eve
Beacon

American Profile ceases publication

To our readers: We received the following notice from American Profile last week:

"After a significant review of operations, we are writing to advise you that American Profile will cease publication after its April 2020 issue. American Profile has proudly covered the best of the American heartland for our readers since launching nearly 20 years ago. Unfortunately, the decline in print advertising support coupled with rising costs in manufacturing and distribution across the media industry has made it challenging to sustain this publication. It has been our pleasure to serve you and your readers, and we appreciate and value our partnership. Should you have any questions, please email us at partners@amaparade.com."

Watch out for ticks during warmer weather

As the weather continues to warm up, the Dutchess County Department of Behavioral and Community Health (DBCH) warns that ticks are becoming more active and resident should take precautionary measures to prevent tick bites and reduce the risk of tick-borne diseases including Lyme disease, Babesiosis, Powassan and other tick-borne diseases. Villagers are advised that tick prevention is critical as many residents are enjoying the outdoors for solitary activity; or with immediate household members, as they follow the “NYs on Pause” guidelines to prevent the spread of coronavirus.

Dutchess County Executive Marc Molinaro said, “As residents enjoy the outdoors, following the proper steps to prevent the spread of Coronavirus-household members only, social distancing and face coverings when encountering other people—it is important to also take tick prevention precautions so you can remain safe at home without the complications of tick-borne diseases. Remember, ticks don’t social distance, so check yourself to protect yourself whenever you spend time outdoors.”

To help in the risk of contracting a tick-borne disease, residents are reminded to follow the following six key tips:

• Wear light-colored clothing with a tight weave to spot ticks easily.
• Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into the tops of your boots and tie the laces.
• Use an EPA registered insect repellent. That can be an over-the-counter tool to find the right insect repellent. Keep insect repellent easily accessible near the front door, in the shed, garage, or car to make sure it gets used consistently.
• Place clothes and other outdoor gear with permethrin to help reduce tick bites.
• Keep insect repellent easily accessible near the front door.
• Stay on cleared, well-traveled trails.

American Profile ceases publication

NYS Senator Sue Serino and Dutchess County Executive Marcus J. Molinaro today announced a donation drive to support those caring for the children of first responders, healthcare providers, and essential workers as part of an expansion of the County’s ongoing “Dutchess Cares” initiative in partnership with the Child Care Council of Dutchess and Putnam, Inc., donated items such as paper towels, disinfecting wipes and masks that are to be delivered to area childcare centers so they can maintain the necessary cleanliness and COVID safety protocols. “In the midst of this current crisis, our childcare facilities are being asked to go beyond to care for the children of those on the front lines,” said Senator Serino. “The last thing they should have to worry about is where to find the supplies they need to maintain safe and healthy facilities. Our community comes together in incredible ways when needed most, and this is an opportunity to help support those who are providing a critical service to so many of our local workers.”

Dutchess County Government has been assisting local childcare providers with emergency supply needs through its Central Services Division, including providing paper towels, cleaning supplies and personal protective equipment (PPE). However, there continue to be a need for these and other supplies at local childcare centers. Dutchess County Executive Marc Molinaro said, “Statewide, coronavirus first touched Dutchess County in March, numerous sectors of our community—individuals, organizations and businesses—have donated resources and supplies to help how Dutchess responds to these difficult times like these. Such generosity exemplifies the sense of community that makes our county an example to the nation. The Dutchess County Government is proud to have coordinated stidiory of these local resources, to a variety of essential businesses, from hospitals to childcare providers. We appreciate the assistance of Senator Serino and the Child Care Council of Dutchess and Putnam in ensuring these life-saving products reach the heroes who care for our generation.”

Jeanne Wagner, Executive Director of Dutchess Cares, Inc., said, “Childcare workers are on the front line every day, caring for our critical workers and the children of those working on the front lines. Let’s make sure the children in our community continue to have the supplies to keep the children and themselves well protected.”

The Child Care Council is most in need of:

• Adult-sized face masks
• Disinfecting wipes
• Paper towels
• Hand sanitizer
• Gloves
• Bleach
• Paper towels

Donations can be dropped off, by appointment only, at the Child Care Council of Dutchess and Putnam, Inc.’s office, located at 301 Manchester Road in Poughkeepsie. Individuals should call the office at 845-473-4114 ext 21 to schedule.

For more information regarding the donation drive, residents can call the Dutchess County Coronavirus Hotline at 845-486-3555 and choose option 8 or email Senator Serino’s office at serino@nysenate.gov. Those interested in donating can call Serino’s office to arrange a donation or drop off donations at the Dutchess County Government continues to provide resources to the most current information about COVID-19 Cumberland Impact Dashboard, as well as guidance on its website dutchessny.gov/coronavirus, Dutchess County Coronavirus hotline, 845-486-3555, and Facebook and Twitter accounts.

Editor’s note

At different times you will see photos in our newspapers and at our website with individuals in traditional poses - not in accordance with the current social distancing guidelines. Please know that such photos are archived or courtesy photos taken well in advance of the COVID-19 outbreak.
As we move through our second month of social distancing in response to the current health crisis, we are hearing the word "essential" a lot. There are essential workers on the front lines of the fight against the pandemic, keeping the rest of us safe. Doctors, nurses, and first responders - these are the essential workers we all know. They are heroes, and they deserve our never-ending support and respect. Sometimes we forget all the other folks out there doing their jobs, even in the face of danger to themselves and their loved ones: The store clerks keeping the grocery shelves stocked; the utility workers keeping our lights on and our water running; the delivery drivers bringing us the supplies we need. The list goes on.

Of all the essential workers out there still clocking-in during this health crisis, I think the courageous folks who take care of our homeless might be the most forgotten amidst all this turmoil. Here in Poughkeepsie, I work with the amazing staff and volunteers of Hudson River Housing, who operate the only overnight shelter in Dutchess County. It's always been a tough job, but now, it's downright Herculean.

When the current health crisis hit, Hudson River Housing (HRH) scrambled to keep supporting our homeless neighbors in need, just as they do for our neighbors in need, just as they do for our neighbors in need, just as they do for our neighbors in need.

Our doctors and nurses rightly deserve all the recognition they get for leading the fight against this virus, without a doubt. But let's remember the other essential folks out there, like the brave men and women at HRH, who are risking a lot to keep others safe. They need our support and love, too.

If you would like to support Hudson River Housing and the amazing work they do for our neighbors in need, just visit their website at www.hudsonriverhousing.org or give them a call at 845-454-5176.

Thanks for listening! Stay safe out there, and we'll see you next time!
Jonathan J. Osterhoudt-Felice, who he loved and who he made each one know how special and loved they were. He was also a loving father, brother, uncle, cousin, and friend to many. He was always there for the ones he loved. He touched to seize the day not with sorrow but with joy and laughter. In lieu of flowers, his family requests that everyone consider making a donation to your home, please visit: www.sweetsfuneralhome.com.

Michael J. O'Reilly

Michael John O'Reilly, 66, of the Town of Poughkeepsie, passed away peacefully on the morning of April 21, 2020 at St. Francis of Assisi Manor in Poughkeepsie, New York. He was born in Beacon, New York on August 26, 1953, the son of Walter and the late Barbara (Thompson) O'Reilly. He was the only son of his parents. He was predeceased by his paternal grandmother, Margaret O'Reilly, and his maternal grandmother, Margaret Thompson, both of whom he is now reunited with in heaven. In his early age John developed a true love for the ocean. He enjoyed car clubs and cruisers, where he and his wife sold their famous "Bronx" t-shirts. He was also an avid outdoorsman. John loved life and touched so many people with his smile, his laughter, and his love. John was predeceased by his paternal grandfather, Garrett Entrup; and his maternal grandfather, Michael O'Reilly of Wolcott, NY; 10 nieces and nephews. Our beautiful Francesca will never be forgotten. Our beautiful Francesca will...
Managing insomnia in COVID-19 times

Up all night: A review of the day in review

I'm not sleeping... I'm inspecting the inside of my eyelids."
Alan Alda
(Hawkeye Pierce)

Seems like just the other day life was simple, right? A day was just a day:
Twenty-four hours. There was a start, end, You slept, worked and spent the remainder of the day at home with your family... for better or worse.

Then we entered the "Twilight Zone," or so it seems. You awakened one morning and were faced with a nightmare, even though you were no longer sleeping!

COVID-19.

The spread of this dreaded infection has brought a complex of health, economic and social stressors. The stress that has resulted and accumulated through this relatively brief amount of time as a function of the presence and continuing spread of the virus has led to domestic violence and other displays of anger, frustration, difficulty concentrating, a massive amount of worrying and of course, sleep disturbance.

Perhaps the root "culprit" behind all these behavioral manifestations is the realization that we don't (yet) know what we don't know! Not knowing what we don't know can be scary, and represents one of four levels of learning and understanding.

An example is that until you read this, you didn't realize that you didn't know what "synesthesia" means. Okay... automatically linking one sense to another. Until it hit the news media, you didn't know that you didn't know about COVID-19.

Then there's the level in which you do know what you don't know. You now know synesthesia means linking senses, but what the heck does that mean? So you're still kind of in the dark, right? Suddenly, COVID-19 news was everywhere.

You saw people in other countries (and later, here) wearing masks, scenes of ambulences driving to hospitals and so forth. But you still didn't know— or this article. You read a book about it—or this article. You attended a lecture on synesthesia. You listened to multiple news stories in which spread and manifestation of COVID-19 was discussed, symptoms described, and statistics regarding survival.

You know that, even though there is currently no cure, you know a lot more about COVID-19 than you did, say, a month ago.

But even though you now know more about the virus, there is still the uncertainty around whether or not you will contract it; and worse, whether or not you will survive. Hence, there is still that second level of learning and understanding operating: you know that you don't know. So you don't sleep well.

What can you do?

1. Try to stay awake. That's right, try to not-sleep! Sleep is a spontaneous event, you can't "try" to do it. The more you do, the more you stay awake so instead, do something useful! As long as you are up, write, read, pay bills, call another insomniac, roll loose coins, brush the dog— do anything other than sitting in bed worrying about the virus; or the fact that you are exercising moderately over time can also improve your sleep.

2. Be a regular guy (gal).

3. Be fit to be tired. Exercise is often considered essential for weight loss, muscle toning, improved oxygen efficiency and so forth. But exercising moderately over time can also improve your sleep.

4. When possible, say, "No" to drugs.— and toxic news stories. Limit caffeine after mid-day. Some people who have difficulty sleeping turn to alcohol as a "nightcap." Though it may help you fall asleep, after it has metabolized in your system, it can create sleep disturbances. There is a good sleep "hack" that often helps: Get 3mg. Melatonin and take two a half-hour before bed (this is not medicine!). Additionally, get something called, "GABA" from a vitamin store and take one when you take the Melatonin. Finally, get some natural honey and take ⅛ teaspoon when you take the other two things. Turn off the TV. It's important to be informed about COVID-19; but too much of a bad thing is hazardous to your health... and sleep.

5. Avoid napping. Anyone have a cat? They wake you early in the morning to be fed or let out. Then when you get busy, they curl up someplace and take a nap. But cats are on a different sleep schedule than you. They are up most of the night— without worrying about it! Naps are just another way of negatively altering your sleep pattern.

Did you ever lose something, and exhaust yourself to no avail trying to find it? Then notice that after having forgotten about it, the item suddenly appears? Sleep often works that way, too. Stop exhausting yourself trying so hard and when you least expect it, sleep make sneak up on you! Pleasant dreams, but then, try to not notice...

Dr. Randy W. Green is a New York state licensed psychologist practicing in Hopewell Junction and Chappaqua, NY. He can be reached at 845-226-2356 or visit him online at www.drrandywegreen.com
COVID19: Where are we now?

By Premier Medical Group

Since the first U.S. case of COVID-19 on January 20, this illness has spread quickly touching every state in the nation. With the trajectory of the virus on a daily basis, it is necessary for us to shift our focus from reactive to proactive in order to remain one step ahead.

Keep in mind that COVID-19 is a droplet infection, namely spread by coughing, sneezing or speaking at close quarters. These droplets can remain infectious on surfaces if they are touched and moved to the face. Additional recent information tells us that many people can carry the virus without having any symptoms. Therefore, routine trips to the supermarket and hardware store can place you too close to someone who does not know that they are contagious.

Are facemasks necessary? Facemasks should always be worn whenever you are in a public place. If you do not have access to a box of medical masks, there are several websites, such as cdc.gov, that can show you how to construct and maintain simple masks.

What about your hands when you are out and about? Hand washing for 20 seconds with any soap will kill the virus, as well as hand sanitizer with alcohol. Once you have touched anything in a public space, soap or sanitizer is in order. If you have access to disposable gloves, wear them when you go out, and peel them off before you touch your steering wheel or your front door handle.

Consider wiping down steering wheels, door handles, doorknobs and banisters if you are not sure when they have last been touched without hand washing first. Leave mail and packages alone for at least 2 hours after they have been delivered, or open them with disposable gloves. Wipe down plastic packages before storing them in the refrigerator.

What do you do if someone at home is recovering from COVID-19? You can help them isolate in a separate room by bringing them food in disposable containers, by washing your hands before and after you enter or leave the room, and by avoiding being in common rooms together. High touch areas such as light switches, doorknobs, refrigerator handles, sink faucets and toilet handles should be sanitized after every use.

Need to see a doctor? If you are not feeling well, think you need to be tested for COVID-19, or are feeling better from the illness and want to know about returning to work, call your doctor’s office for help and information. Internal Medicine, Gastroenterology, Urology, and most other specialty Premier offices have a greeter who checks temperature and offers patients masks during appointments. We help patients maintain a safe distance in waiting rooms and see patients for well and sick visits at different times of the day.

What about Telemedicine? Premier’s Telemedicine program allows us to support our patients by providing convenient and high-quality healthcare from the comfort of your home.

* The ideal patient for telemedicine is someone with medical problems who has questions and would like to get help and advice while having the provider be able to see and hear them to help evaluate their needs,” said Dr. Lorraine Nardi – Division Leader at Premier’s Internal Medicine division. “It can be a new problem or follow-up, and is especially suited to the current environment so that people do not have to travel from their homes.”

Premier Medical Group’s Telemedicine program is not just for primary care, but also for specialty care as well. All of Premier’s specialty divisions - Gastroenterology, Urology, Rheumatology, Pediatrics, Cardiology, Dermatology, Neurology, and Podiatry - offer telemedicine appointments to their patients. Dr. Jason Krumholtz - Division Leader at Premier Urology states, “Although adopted in large scale only recently, telemedicine is a safe, efficient, and convenient platform for patient access.”

Premier’s offices are open and your health is our top priority! Premier Medical Group is committed to helping you live your healthiest life, in light of the COVID-19 pandemic we are currently facing. Our goal is to ensure you are informed with the most up-to-date information available.

For more information on Premier’s Telemedicine program and for the latest on COVID-19 please visit www.PMGtelemedicine.com

How to manage stress through music

(StatePoint) With routines upturned and health concerns top of mind, many people are feeling an extra amount of stress these days, a much of which can be bad for one’s mental and physical health.

However, music has many mood-boosting, stress-relieving benefits. Here are four ways to incorporate more of it into your life without even leaving the house:

• Too much time spent scrolling through social media can induce anxious feelings. Allow music to provide a healthy distraction from digital devices. Carve out a block of time each day to practice your instrument.

• Get a fun, easy and most importantly, stress-free introduction to music-making with the right tools. By connecting a Casio keyboard with lighted keys to the Chordana Play App or using the app’s keyboard, beginners can gain a better understanding of music study. The app displays the music score and piano roll notation for built-in songs and MIDI files, allowing you to select which tracks to play with your left and right hands. With the ability to slow the tempo and transpose to a key that’s easier to play, you can practice at your own pace. Plus, a scoring system lets track your progress.

• Social distancing doesn’t have to be antisocial. Connect with fellow musicians from the comfort and safety at home by hosting a virtual jam session for the added stress-relieving benefits of socializing with friends, old and new.

• Expressing yourself creatively is one of the best tools for kicking stress to the curb, and making music in no exception. Once you feel comfortable with the basics, you may feel empowered to write your own melodies or even develop them fully into songs.

In these unusual times, music can benefit your mood and mental health by serving as a valuable creative outlet, a means for practicing mindfulness and a great way to connect with others.

Premier Medical Group is proud to announce the launch of our new Telemedicine program. This program provides convenient and high-quality healthcare from the comfort of your home.

If you are an existing Premier patient, please call your provider’s office to see if Telemedicine is right for you.

If you are new to Premier, or interested in learning more about our Telemedicine program, please visit:

www.PMGtelemedicine.com
As the COVID-19 pandemic has evolved, our community has adapted to a new norm in order to flatten the curve.

How much we miss the days of eating at our favorite restaurants, attending large crowd events, or going to our favorite stores. These changes increase stress levels and anxiety as people try to take caution and adjust to avoid infecting themselves or others who at any time may come down with the virus.

Dealing with our fears and anxiety is essential to the well-being of yourself and your loved ones. Stress can cause worsening of pre-existing chronic health conditions, disrupted sleeping and eating patterns.

Taking care of yourself and coping with the stress in a healthy manner will make yourself, your loved ones, and your community stronger and mitigate the fear and anxiety about a disease that can be overwhelming and scary.

De-Stress during this time:

• Try on new activities: There are many activities we can engage in while practicing safe social distancing with our families inside and outside. The COVID-19 pandemic should not be the only uncharted territory we find ourselves in. Try new activities.

• Talk with each other – talk about how your feel with those in your life. Talking to a friend or loved one is a great way to vent and work through your emotions.

At Brookmeade Community, we ensured to keep our families and residents connected via video chatting with Facetime, Skype, Facebook Messenger, and more when we proactively suspended visitation.

• Avoid information over-load. Unplug and unwind from the continuous coverage on the pandemic. Stay informed but takes a break.

• Most importantly take time for yourself. Give yourself the time and attention to take care of your mental wellbeing and health. We cannot control the circumstances we find ourselves in but we can give ourselves much needed attention.

• Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise, and get plenty of sleep.

COVID-19 has affected us all and each of us are indeed experiencing our own unique struggles, thoughts and emotions so please remember to be kind and support one another.

Brian Zeidan has his Bachelors from Harvard and his Masters in Human Resource Development and Management from NYU. Brian is the Administrator of Pavilion and Meadow’s Adult Day Healthcare Program at Brookmeade Community in Rhinebeck.

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‘If only I had the time for that;’ Our modern-day Renaissance

By the Wellness Team at the Center for Physical Therapy

We’re nearly two months into this, and it seems that just about all of us are still far from used to what is being dubbed our “new normal.” Our kitchens are classrooms and offices, every day is pajama day, and ESPN has switched from showing NBA games to televising world-class marble racing (which was surprisingly entertaining).

While we all face different challenges in these unprecedented times, a little perspective can go a long way. That is why we at the Center for Physical Therapy implore you to take a moment and see this pandemic not just as the cause of great worry and loss, but as a unique opportunity for many of us.

Centuries ago, the infamous Black Death was coursing through Europe. While hardship and loss were felt by many, countless artists took to their canvases in this time of seclusion to illustrate sentiments ranging from fear and loss to hope and optimism. It was then that the emergence and flourishing of the legendary works of Renaissance Period, made possible at least in part by arguably the darkest time in Europe’s history.

While no two international emergencies are entirely the same, we may be able to find some parallels in this example and use them to our advantage, both individually and as a community.

It was just a couple short months ago that we would hear countless comments in our offices each day about how everyone just wanted the world to “slow down.” It felt impossible to catch up with lost contacts, return all those missed calls, stick to a workout regimen, or find any time outside of our obligations for a healthy amount of leisure, because we didn’t “have the time for that.” Now, whether this is how we wanted it to happen or not, we finally do have the time for that.

Any aspect of your life that you find is one that you will now allow its dividends when this comes to pass. Your future self will thank you.

Set some time aside to express gratitude every day. This can be a time for you to grow spiritually, or to provide oneself with a degree of perspective for how fortunate we still are.

Learn a new skill. Download that foreign language app or take that online course you have been interested in since 2016.

Get (or stay) active. There are more healthcare and fitness companies advertising at-home programs now than ever before. Take time to research some of them and pick the one that fits your goals. Even while at home, you can still progress toward getting leaner, getting stronger, running a marathon, or improving athletic performance. The choice is yours.

Strengthen your familial and communal connections. Reach out to that old co-worker whose call you missed a month ago. FaceTime your great uncle who you only ever see on Thanksgiving. Invite the friends who never make it out to your next Zoom call; they won’t have most of their usual excuses.

Get one (or a few) of those long overdue projects done. Rearrange the home office. Give the hallway that long awaited paint job. Create your own artistic masterpiece to be hung on your own wall of fame.

Please note this is not at all meant to imply that we should be expected to move mountains—many are without work, unable to see relatives, or have lost someone that they deeply care for. Not everyone has the means to turn a pandemic into an opportunity for growth, but hopefully those who are home and healthy are able to find a silver lining in a very trying time.

The choices that we make now will have lasting impacts on the events that ensue when we come out on the other side of this pandemic. Hopefully, we are choosing to take advantage of the fact that we finally “have the time for that.” By doing so, we will not only come out as stronger members of a more robust community, but you may even be able to look back at this time as your very own Renaissance.

Visit www.Centerforphysicaltherapy.com for more information or call the main office in Wappingers Falls at 845-297-4789.

The house may also present some good opportunities to teach kids some practical life skills, like cooking, cleaning and budgeting.

• Prioritize Online Safety: Unfettered access to the internet and social media sites can put children at risk for a number of online threats. Parents should continue to ensure kids practice safe online habits, even as they begin to use their digital devices for more tasks throughout the day.

• Striking the Balance: Many parents are struggling to balance their own work with homeschooling and online safety. Luckily, there are tools that can offer assistance, such as OurPact, a screen time monitoring and scheduling app for parents from Eturi Corp. Among the app’s many capabilities is the ability for parents to monitor and manage what kids are doing online, create daily screen time allowances, set filters on browsers and block certain applications at certain times of day. To help parents navigate this rapidly-changing environment, the company is currently offering OurPact Premium, an upgrade to the service, for free for three months to new users. To learn more, OurPact.com.

• Check in: During your own free hours, spend some time checking in with your kids to see how they are coping with the current situation, how they are spending their free time and whether they are facing any struggles with remote learning.

• Life has changed rapidly and significantly for families. And while this new normal includes a greater reliance on digital devices, parents can take steps to continue to ensure kids are striking a healthy balance.

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ASK THE VET

Dr. Jerry Scheck

This “Ask the Vet” column, will have a slightly different format, since we did not get an actual inquiry, but we would like to provide some timely information to the Southern Dutchess News community.

We would like to take an opportunity to start with a “Thank You.” Thank you to all those who have continued to work, the caregivers, the first responders, the grocery clerks, the police, doctors and firefighters, the postal carriers, the sanitation workers, and all those who may normally fly under the radar - until a crisis bangs on our doors and we see how essential each and every person is.

It has been bizarre past month. We have gotten to know the inside of our homes better, we have made friends with the television, maybe we even took the clothes off the treadmill and used it. We hope you have also had more time to spend with your pets.

During these last few weeks, we have seen an increase in stress behaviors in our patients. We have seen behavior problems increasing as people have invaded our pet’s space.

Remember a time when you had more time to spend with your pets. Though we have had to modify our scheduling, and decrease the number of staff members working each shift, we are fully dedicated to providing the utmost in care for your pets and for you.

We would like to take the opportunity to thank all of our clients for their patience. We understand that a visit to the vet (which is often stressful enough) is not the same without being in the examination room. But social distancing has been successful so far in our state, and we fully support it.

We appreciate that you allow us to care for your pets, we also appreciate those that have made an effort to shop locally. Please continue to shop locally, remember Amazon is not likely to hire your friends and family, support the local economy, and be there when you have a question about a product or its effects.

We also would like to thank our amazing staff. This group of people has had to endure shift changes, increased work stress, and have made an improvement in the lives of many pets.

Please email questions about your pets health to us at askthevet@hopewellanimalhospital.com. We can not provide a specific response to you, but we will do our best to address your questions in this article each month.

For more information and complete care for your pet, call Hopewell Animal Hospital at 845-221-7387, visit the hospital at 211 Rt. 52 or visit the website at hopewellanimalhospital.com.

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April 29, 2020 — 5

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Perseverance will lead to success during difficult times

May is almost here and schools are still closed. During this unusual and difficult time, we know that there are many heroes.

For all of you who have embraced this challenge to work with your children to continue their education, and to the children who listen to their parents and work diligently at home, I want you to know that you are all heroes!

As we plod forward, here are some suggestions that may help.

- Teacher Contact - Communicate with your teachers. They want to be involved. They are there to encourage and help you in any way they can. Remember, they are in this with you.
- Planning - You are busier than ever, but some planning ahead may make the next day’s assignments less stressful, particularly if your children have learning issues. If you review the work, this will allow you to see possible problems and make changes. When this is all over, and it will end, you may get so good at this that you may decide to change your career and go into teaching!
- Patience - First, be patient with yourselves! Many of you have been thrust into a role you never expected. Although you have been thrown into a role you never expected. Although you have your own work to do, be flexible. Allow yourselves some brething time, a break from stress.
- Be patient with your children. If you feel frustrated, don’t allow this frustration to reverberate on them. Let them know that you are learning with them. You are working side by side so you will be patient with each other.
- Special Needs - If you child has an I.E.P. and receives special services, are these services being provided? Are you in contact with any of the specialists? These teachers can give you specific suggestions that can help you and your child. Get a schedule of days and times they will work with your child.
- Document - Take some time to keep a log of the day’s activities. Make notes in a notebook to remind you how the day progressed. This is particularly important for two reasons. If your child had problems with assignments, your notes will give specific information which you can share with the teacher. Also, if you will attend a special education conference to discuss your child’s I.E.P., these notes, as well as copies of tests, quizzes and assignments will provide valuable information to the team.
- Praise - Probably it is more important than ever to be sure our children know how much we appreciate their efforts, their diligence, and their willingness to do all their assignments . Help mom and dad do their new job of classroom teacher. Praise them, encourage them. Be kind as you make corrections and direct them to do a math example again, or correct an answer in their workbook. Tell them that you are proud of them. These words go deep into the heart and build confidence, trust, and knowledge that they are loved.

When the work is done, take time to appreciate each other. Encourage and enjoy each other. Believe it or not, this is precious time we did not expect to have with our families.

Play some games, watch a funny show, take a walk, tell jokes, bake a special dessert, read together, do something as a family you have never done before. At some time, we don’t know when, this crisis will end. If we persevere together, we will succeed together. If you need a little extra encouragement, send me an email.

Parents, you have become your children’s teachers. But you are teaching them lessons far beyond their academics. They are watching your patience, your creativity, your perseverance your willingness to be there for them day after day. Indeed, they are learning how smart their parents really are! Most important, they see how much you love them. These are lessons no book or computer program can teach.

So once again I say, BRAVO!

Diane Fulves, M.A., M.S. Ed., is a learning specialist and advocate for children and parents who is located in Millbrook. She is director of “Empowering Our Parents,” which offers information and support to parents. She is the director of Nurture the Spirit and Shakespeare Odyssey, programs that enrich children with the magic of the arts. For more information, please contact her at deo76@verizon.net .

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Tips on communicating with people with hearing loss

Hearing Help

Hearing loss:
• The person with hearing loss should be consistently be wearing their hearing aids, if they have them.
• Have face-to-face conversations, in the same room (not three rooms away).
• Speak clearly, slowly, distinctly, but naturally. Do not shout or exaggerate mouth movements.
• Get the person with hearing loss’ attention before starting a conversation. Say their name and then begin speaking after you have their attention.

• Avoid talking too rapidly, pause to make sure you were understood, rephrase if necessary.
• Try to keep background noise (TV, water running, dishwasher running, etc.) to a minimum while having conversations.
• If the person with hearing loss has a better ear, be mindful to speak on that side.
• Masks are important to be used right now, especially when going out to the store or pharmacy. The person with hearing loss may have difficulty communicating with people who are wearing masks since they lose the visual cues of the speaker’s face and mouths. Be patient and be there to help fill in the blanks and repeat information if help is needed.

No one knows for sure when things will begin to resemble “normal” again. Be kind to one another. We look forward to seeing you all, and helping you to hear better, soon!

Lori Biasotti, AuD, is a NYS Licensed Audiologist at Family Hearing Center, a Hearing Life Company, at 18 Westage Business Center Drive, Fishkill, NY, near the movie theater. Visit our website www.familyhearing.org or HearingLife.com for more information.

How to stay healthy while social distancing

(StatePoint) COVID-19 has the public rethinking how they stay healthy — both physically and mentally. Even those in good health can start to feel anxious and fearful when the words ‘pandemic’ and ‘social distancing’ are mentioned.

But can you stay active and mentally healthy while social distancing? The answer is a resounding yes.

While routines have changed, it’s critical that people keep exercising and eating nutritious meals, since the body is often able to better fight off illnesses when it’s healthy and strong. Taking these steps helps fight off stress, which most people are experiencing right now in one way or another.

Here is some advice from Cigna chief nursing officer, Mary Picerno, which most people are following.

Get Outside: While it’s important to limit physical interactions, getting outside for a run, walk or bicycle ride is a great way to boost endorphins and enjoy fresh air. Just make sure to maintain six feet between yourself and others. If weather or other reasons limit your ability to go outside, many companies and gyms are offering free online exercises right now. Endorphins have been found to reduce stress, increase feelings of happiness and help fight against depression.

Get Proper Nutrition: Add fruits and vegetables to your plate for colorful, nutrient-rich meals. Vegetables also are a good source of fiber. Eating well will help you feel better and give you energy to keep moving. Now is a great time to try that new recipe or food subscription box.

Stay Hydrated: Drinking plenty of water can help prevent dehydration. According to the Centers for Disease Control and Prevention, dehydration can cause unclear thinking and mood swings. Not sure how much to drink? Many medical professionals suggest following the 8x8 rule, eight ounces of water eight times a day.

Stay Connected: Just because you can’t be with friends and family in person doesn’t mean you can’t stay in touch. Set up time to connect with video chats, phone calls and emails. Staying connected doesn’t have to be high-tech. Have kids or just a kid at heart? Write encouraging messages on your driveway or in your windows for your neighbors, and postal and delivery workers.

Know Your Options: One of the best ways to prepare is knowing what to do if you start to show symptoms. Cigna and many other health insurers are now waiving the costs of doctor visits related to a COVID-19 diagnosis as well as the cost of COVID-19 FDA-approved testing. To minimize your exposure, call or email your doctor or a local health system to better fight off illnesses when you should take next.

Get Support: Talking through concerns and fears can help put them in perspective and make you feel calmer. You may want to reach out for professional support if you’re struggling. Cigna offers many resources and tools, including a 24-hour toll-free help line (1-855-287-8400) to speak with qualified behavior health clinicians, a webinar focused on managing anxiety, fears and concerns, and mindfulness podcasts (available in English and Spanish) focused on improving resiliency and stress management.

During this challenging time, taking care of your health should be a priority.

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Keeping personal information safe during a pandemic

(StatePoint) Americans are spending more time at home, which means they’re likely spending more time online. While their attention is focused on staying healthy, they shouldn’t forget to stay vigilant about cybersecurity either.

The FBI recently warned that cybercriminals are taking advantage of the current environment to steal personal information and money. The scams come in various forms, including fake emails from the Centers for Disease Control and Prevention and World Health Organization claiming to offer new information on the virus; emails asking users to verify personal information for an economic stimulus check from the government; and emails selling counterfeit COVID-19 related products or treatments.

Personal health information can be a target for hackers too.

According to the Office of the Inspector General, personal health information (name, social security number, Medicare number) can be stolen and used to file false Medicare or other health insurance claims. If this occurs, individuals might experience a disruption in medical care should they need it.

Bob Davis, deputy chief information security officer, Cigna, has a few simple steps to protect individuals and families from threats.

- Never open email or attachments from unknown senders. Many scams occur when clicking on fraudulent links or attachments in emails. Sometimes these emails can look similar to those received from legitimate sources, such as a health insurer, making it difficult to notice the difference. Pay attention to details: does it look like other valid communications you’ve received? Is the sender email address correct? To check a link’s legitimacy, hover over the text to see where it will redirect.

Also note, when communicating with health insurers online, it will likely be done through a secure email portal, which automatically encrypts (securities) emails and can only be accessed by signing in using a pre-determined password.

- Guard personal information. As a general rule, health insurers will never ask for credit card information or account passwords in an email. Report emails asking for this information to your health insurance company immediately.

- Hang up and call back. Not all threats occur online. Be wary of phone calls from someone claiming to be your health insurance company asking for personal information. To confirm legitimacy, simply hang up and call the customer service phone number listed on the back of the insurance card. In most cases, if information or payment is needed, individuals will receive a letter in the mail, not a phone call.

- Monitor texts and social media. Many use cell phones as a primary way to communicate, so it should be no surprise that cybercriminals are turning to text messages as a way to steal information. Text messages should be approached the same way as emails. Don’t click on links or share information with unfamiliar numbers. Same goes for social media. Don’t click on suspicious advertisements or links.

- Remind friends and family. Just like friends and family are reminded to stay healthy, the same should be done with cybersecurity threats. Remind loved ones, especially the elderly, to pay close attention to unsolicited emails and calls, and to limit the information they share over the internet. If seniors think that they may have been victim of a scam, they should contact Medicare as soon as possible at 1-800-MEDICARE.

Creative ways to go beyond the curriculum while home schooling

(StatePoint) Today many parents are seeking ways to keep their kids engaged and learning beyond the schoolwork remotely assigned by teachers.

Many of the team members at Pilot Pen are parents, too. Below, they share some fun and creative ways you can use the power of the written word to help create special moments for kids while imparting valuable lessons.

Share Life Skills

Adjusting to this new normal has found parents wearing even more hats than usual. Many are simultaneously tackling work responsibilities, navigating home schooling and taking care of chores.

Make the most of this time by showing kids how to be more organized. It’s a valuable lesson they can learn by watching you. The Pilot team recommends teaching kids to keep a daily schedule using erasable FriXion ColorSticks, which allow for color coding activities and staying organized with 16 ink shades to choose from. The unique, thermo-sensitive ink means there’s no need to worry about mistakes — simply erase and revise.

Adding a creative twist to daily tasks is also a great way to teach children life skills. Sorting laundry can be a fun color-matching game for toddlers, while older kids can learn valuable kitchen skills with a family recipe challenge. These practical life skills can help kids develop confidence and independence, while providing quality time together.

Focus on Family

Having children connect with loved ones can have significant benefits. Start a multi-generational gratitude journal together to create a tangible reminder of what’s truly important. Add context to your kids’ history lessons by sharing and writing down real stories of relatives’ lives during key historical periods. This can help children grasp the lasting importance of these events, while enhancing their sense of family pride. The Pilot team recommends G2 gel ink pens, which come in more than 25 smooth-writing shades to bring color to family stories or color-code the family tree to see one person’s impact through the generations. Take the time to video chat with relatives and get them involved in the project.

Experiment With Creativity

For parents looking for creative activities outside the curriculum, consider exploring creative writing, lettering or drawing. These activities stimulate the brain in ways digital devices cannot and increase kids’ ability to retain information, giving them a sense of accomplishment.

Use Pilot’s new ultra-vibrant Juice Paint Markers for imaginative projects or to personalize household items. Ideal for a variety of surfaces like paper, wood, glass, plastic, fabric and stone, it’s a great way to customize everything from canvas shoes to reusable water bottles while giving kids a hands-on lesson on surface porosity (Juice Paint can be easily wiped clean from non-porous surfaces!).

To learn more and for more inspiration, visit PowertothePen.com and Instagram.com/pilotpensusa.

Join All Sport Health & Fitness for live virtual classes

In this time of social distancing, All Sport Health and Fitness is focused on staying connected from afar by bringing you at live virtual home workouts!

All Sport wants everyone to stay active and stay moving, so we hope you are able to join us for our complimentary live virtual workouts via Zoom. They are led by the awesome All Sport trainers and instructors.

Each week, All Sport releases the schedule of classes with over 40 classes to take. The schedule has a variety of classes, such as Small Group Training, Pilates, Gentle Yoga, Zumba, Focusmaster Boxing, HIIT workouts, Chair Yoga, Strength and Calisthenics, Yoga Flow, and even options for families and kids.

Please note that you must have Zoom to participate. Joining is easy, and you can sign up at zoom.us/home?zcid=2478.

In addition to live virtual workouts, All Sport has workout videos and recipes on their website. You can learn more by visiting allsporthealthandfitness.com/blog/.

On behalf of the entire All Sport Team and Family, we want to give a big thank you to all the first responders who are on the front lines battling COVID-19.

Our community is grateful for all the healthcare workers, grocery store personnel, delivery drivers, restaurants and food workers, and all who continue to work every day to care for their fellow community members.

Visit All Sport Health & Fitness at allsporthealthandfitness.com.
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By Rich Thomas

Developments in the last week are unfortunately trending more and more toward an inevitable conclusion - it appears that the 2020 high school sports season in the Hudson Valley, in Section 1, or in the entire state this year due to the effects of the coronavirus.

No official determination has been made, but two big decisions have created more pessimism and less optimism that sports will return.

Gov. Andrew Cuomo's extension of school closures to May 15 is certainly a big part of that. But the biggest news of the last week was the announcement by Long Island, Suffolk County, to cancel school sports for the rest of the school year.

Suddenly, less than a day later, Section 8 in the state, along with Long Island, Nassau County, made the same announcement.

Granted, the Island has been one of the hard-hit areas in the state, along with New York City, for COVID-19.

But that's a dramatic step and somebody had to make the first one to make that very heartbreaking, frustrating decision. But it has been made, and now you will likely see the other nine divisions in the state - including Section 1 - follow that lead and shutter the season entirely - if the state doesn't do it first.

Now, the company line from Section 1 is that it will wait on word from the Executive Committee meets on April 29. The Governor has been keeping much of the state in the dark, and schools, closed for two weeks at a time. The Section has followed the Governor and said it will make a decision in two weeks, in two weeks, in two weeks.

Why haven't they pulled the trigger yet? "Incentive," says one coach who asked not to be identified. "We as coaches need to hear from our kids and our parents believing that there is something to come back to, and I don't disagree with that. I am sure it's a big reason why the section hasn't made a final decision yet, but I know for a lot of coaches it's a big reason. We want the kids to be in shape, we want them to be positive, we want them to believe they are coming back because right now that's the only thing we all can hang on to until we hear otherwise.

In speaking with coaches and athletic directors, the consensus was this - we need a week of practice, then we can come back and play a shortened regular season, maybe just 8-10 league games or matches, and then roll into Section 1 tournaments.

They all agreed there would be no state playoffs or state championships.

The season would end with the section tournaments, but at least they would have some games and salvage the year especially for seniors.

And it's a big but - school has to return first. Not school as we currently know it, with remote distance learning, but school as we once knew it with students getting off a bus and walking into the building.

Dr. Robert Zayas, head of the New York State Public High School Athletic Association, is already on record saying that if students can't return to their schools, there will be no sports.

Then you had Gov. Cuomo extending the New York State Pause, as he calls it, with the shutdowns of many businesses and schools, and he extended that to May 15. It would be difficult, if not nearly impossible, to prepare thousands of kids physically to return to their school buildings and for a variety of factors. You just can't say "Oh, we're going to end online learning, distance learning, and kids can come back to school."

There are dozens of questions and roadblocks.

Will they have to wear masks, and who's paying for them? Do schools have the capacity to social distance for class sizes more than a month's time to go back by Monday, May 18, assuming lockdown restrictions were lifted by the state on May 15, is it worth it? There would only basically be a month left of school, so why try to rush it through for 30 days when you can have three months to fully and better prepare for a return in the fall?

All legitimate questions and time will tell.

Nuvance Health opens COVID-19 Plasma Donation centers at 3 hospitals

Nuvance Health will launch three Convalescent Plasma Donation Centers to meet the need for COVID-19 convalescent plasma to critically ill patients fighting the virus.

The Plasma Donation Centers are located at three Nuvance Health hospitals: Dutchess County Medical Center in Poughkeepsie and Danbury and Norwalk hospitals in Connecticut. Vanour Brothers Medical Center opened on Monday, April 27, followed by Nuvance Health Dutchess County Medical Center in Wappinger Falls, NY on April 28, and Danbury Hospital on Friday, May 1.

“Plasma contains antibodies that can fight infection,” said Dr. James Nickelski, medical oncologist at Nuvance Health. “When someone recovers from a COVID-19 infection, they do so, in part, by the immune system neutralizing the virus and make someone better. That plasma is then taken from a donor, and the antibodies are used in a critically-ill, COVID-19 patient.”

Nuvance Health has been plasma for COVID-19 patients, working with the New York Blood Center and the American Red Cross. “Needing a plasma donor? If you do not have the need is great, Nuvance Health has opened its own donor centers to meet the demands and to rapidly increase availability of plasma,” Nickelski added.

To qualify, donors must meet the following criteria as set forth by the Food and Drug Administration (FDA):

COVID-19 confirmation with either positive swab or antibody test (antibody tests are expected but not currently available in our centers).

14+ day, symptom-free interval with a repeat negative swab.

28-day, symptom-free interval with repeat positive swab.

For more information, visit Nuvance Health at www.nuvancehealth.org/plasmadonorcenters.
SUDOKU

Sudoku requires no arithmetic skills. The object of the game is to fill all the blank squares with the correct numbers. Each row of 9 numbers must include all digits 1 through 9 in any order. Each column of 9 numbers must include all digits 1 through 9 in any order. Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

ACROSS
1. Cochlea’s place
4. Sorority letter
7. Abbr. on an old map
11. Mixtures
13. Opening bet
15. Taboo
16. Horse racing terms
19. Regard highly
20. Thingamajigs
21. Boxer, for one
23. Youth group: abbr.
24. Disobey God
27. Plant part
30. Boone and namesakes
34. Man of the cloth
36. Everybody’s button
38. Resort city, for short
39. Perpendicular to a ship’s keel
40. Recolor
41. Recipe verb
43. Refrain syllable
44. Male cattle
46. Group of political intriguers
47. Steerer’s place
49. Pull away violently
51. Oxygen or hydrogen
52. I love: Lat.
54. Polish off
56. Greatly impressed
61. Apartment, often
66. Horse racing event
68. Web surfer’s stop
69. Days of yesteryear
70. Beam
71. Shortly
72. Observe
73. Uncover, to a poet

DOWN
1. Yale students
2. Slangy word
3. Thick cord
4. Tic-toe connector
5. Over
6. State
7. Disconnect
8. Westminster district
9. Contemnulous one
10. Uses a paddle
11. Be obligated
12. Winter vehicle
14. Make possible
17. Biblical prophet
18. Sot’s woes, for short
22. Sex
24. Cavalry sword, to a Brit
25. Perfect
28. Check recipient
29. Disinclined
31. Game site
32. Hair rinses
33. Scotch accompaniment
34. Trail
35. Els’ followers
37. Presidential monogram
42. Carry something heavy
45. Like most streets
48. Weasel’s cousin
50. Novel estate
53. Mathematical Assoc. of America, for short
55. Turner and Kennedy
56. Mountain in Thessaly
57. Conceited
58. Within: pref.
59. Son of Seth
60. Urgent
62. Fictional captain
63. Journey
64. Skilled
65. Caustic soap ingredient
67. Unlock, to a poet

Binox by Krazydad

- The finished puzzle should be filled with Xs and Os.
- Horizontally and vertically, there should never be a continuous run of the same symbol longer than 2.
- There are an equal number of Xs and Os in each row and column.
- All rows are unique.
- All columns are unique, too.
LocoMotive CrossFit in Fishkill takes classes online

By Kristine Coulter

LocoMotive CrossFit in Fishkill has been serving its clients for almost seven years. In January 2019, Victor Martinez and Chloe Durant, who were coaches for five years, took ownership of the fitness gym on Old Route 9.

“Over the last year, our goal has been to help clients reach their goals in a healthy and safe way. Since we opened, we have been focusing our attention on how to deliver CrossFit in such a way that anyone can do it. This lead us to a course that’s provided us the tools to assess peoples mobility right when they come through our door so we can make sure we are doing the movements that are best for them. It has also enabled us to help people that have been dealing with chronic pain surrounding movement and get them out of it,” explained Martinez.

He noted, “2020 started as our second year with feelings of excitement and motivation to continue to create the healthiest, best place for someone to do the things they want. As mostly everyone knows the best place for someone to do the things they want. As mostly everyone knows the best place for someone to do the things they want. As mostly everyone knows the best place for someone to do the things they want. As mostly everyone knows the best place for someone to do the things they want. As mostly everyone knows the best place for someone to do the things they want. As mostly everyone knows the best place for someone to do the things they want. As mostly everyone knows the best place for someone to do the things they want.

The 125 gym members were able to down that day anyway, so we felt confident we made the right decision.”

Martinez and Durant implemented the following:
- Started running three virtual classes per day (soon to be four)
- Starting up a daily kids class
- Began “The Daily Loco” which is a daily email that talks about mindset, nutrition, and has daily interviews with members on how they’re staying “Fitt&Safe”
- Providing 2 running endurance workouts per week
- Daily videos explaining our workout of the day giving options for both those with equipment and those with none

“The result has been awesome! Our members are coming together every day in our classes and supporting one another by just being there. We are seeing people find joy in things they used to hate (such as running) and using every day to be grateful for the things that they do have,” said Martinez.

Virtual classes are about 45 minutes, said Durant. There is a warm-up and cool down with the class.

“People are enjoying it,” said Durant. Martinez said they wanted to get better with helping people remotely, and they just made it happen sooner.

Exercise is “good for your mind – movement and being active goes a long way,” said Martinez.

“We are extremely grateful for the support of our members and the support they bestowed on one another. We are also grateful for our friends in the community of Fishkill and Beacon who have helped us and many, many ways. Our goal through all of this is to keep people healthy both physically and mentally. All of our online kids classes are free to try and all of our online kids classes will be free to the community as well. We want to help you,” remarked Martinez.

“This time, said Durant, has taught her the importance of community and it is much more than a location.

“It’s a community of people. People come together and support each other,” she noted.

Martinez said, “I want to help people in my town. Now, more than ever, we’re connected as a community. To connect with LocoMotive CrossFit, visit https://www.facebook.com/LocoMotivcCrossFit or https://www.locomotivecrossfit.com.