Fireworks set at three sites for July 4th

Dutchess County Executive Marc Molinaro announced Dutchess County Government, Hudson Valley Renegades, Silo Ridge Field Club, the Dutchess County Fairgrounds and iHeartMedia of the Hudson Valley, will host “Dutchess County Goes Renegade,” three free, socially distant fireworks displays around the county, open to all residents on Saturday, July 4.

“The COVID-19 pandemic has robbed us all of so much, but nothing will stop Dutchess County from honoring the birth of our nation,” Molinaro said. “Our residents deserve the chance to celebrate this most American of holidays - even as we remain safely and socially distant - and our venues are proud to collaborate with our community partners to present a patriotic observance worthy of our country, as we strive every day to fulfill the radical undeniable truth, that all are created equal endowed with certain unalienable rights: life, liberty and the pursuit of happiness. I urge residents to join Dutchess County and honor those first renegades who battled tyranny and founded our beloved United States, all while we watch a nighttime spectacle that will light up the sky!”

Residents are encouraged to celebrate Independence Day by visiting one of the three drive-in displays, which will begin promptly at 9:30 p.m. at the following venues:
- Dutchess Stadium, 1500 Route 9D, Wappingers
- Dutchess County Fairgrounds, 6636 Route 9, Rhinebeck.
- Silo Ridge Field Club Equestrian Center (Keane Stud), 217 Depot Hill Road, Amenia.

iHeartMedia of the Hudson Valley will host live remotes from each of the sites, broadcasting on several of its stations, and will synchronize patriotic music to the fireworks.

Gates will open to vehicles at each location at 7:30 p.m. Parking is limited at Keane Stud (300 vehicles), Dutchess Stadium (500) and the Dutchess County Fairgrounds (3,000), and vehicles will be properly spaced to conform to social distancing. Residents are encouraged to arrive early at the venue of their choice to ensure a spot.

“Dutchess County Goes Renegade” is a carry-in/carry-out event, and residents are encouraged to bring their own snacks; alcohol will not be permitted at any of the venues. Restroom facilities will not be available at the sites.

“We thank our venue and media partners for helping us provide an evening of patriotic fun for the entire family,” Molinaro said. “Despite the difficult times we’ve endured these last few months, our sense of community has never shone more brightly, and Dutchess County Goes Renegade will be our latest collaboration as we continue restarting Dutchess and moving forward, together.”

continued on page 2

BCSD celebrates 100,000 meals for students during pandemic

By Kristine Coulter

The Beacon City School District is celebrating 100,000 meals served to its students during the school closure this spring. “Some days were beautiful and sunny, and some days were not but a huge group of staff made this happen for our community,” said Beacon City School District Superintendent Dr. Matthew Landahl. “It’s a great example of what our district and our budget in action!”

The superintendent thanked Fairground Commons Ground Farm, and Beacon Mutual Aid for coordinating with District officials to provide meals and groceries to BCSD families. Since the COVID-19 pandemic shut-down of schools in March, the BCSD has made sure its students received meals. “I was astounded when we reached this goal. It was an amazing transformation of school meals to grab and go concept and the community responded very positively,” said Karen Pagano who is the Food Service Director for the BCSD. “We were so surprised at the participation.”

Pagano noted, “It was obvious that there was a need in the community - as we saw a continuous line of cars for pick up days at both distribution locations.”

Pagano also added district representatives were “so impressed that parents responded so positively.”

State COVID-19 updates

Cuomo to stop daily briefings, will continue with email updates

By Kate Goldsmith

On Friday, June 19, Gov. Andrew Cuomo held his final daily coronavirus press conference. Each day since the beginning of New York’s COVID-19 outbreak back in March, Cuomo had spoken to residents (and many others from across the nation who tuned in) at briefings streamed live from various locations throughout the state.

“I will give press briefings as needed, but rest assured I will continue to provide New Yorkers with the facts, data and my opinion as we continue to chart the way forward,” Cuomo stated in his e-newsletter last week.

The governor noted that subscribers to the newsletter will continue to receive updates on week nights (sign up at https://www.govdelivery.com/)

“Over the long course of this crisis, I counted on New Yorkers like you to listen to the facts and act accordingly. Together

continued on page 2

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continued on page 2
Junjulas, Fredericks to retire from Beacon Police Dept. in July

By Kristine Coulter

City officials are looking for a new police chief. City of Beacon Police Chief Kevin Junjulas announced his retirement recently. His last day will be July 7. That will also be the last day of service for Captain Gary Fredericks, who is also retiring, according to a release from city officials.

"It has been a privilege to serve the City of Beacon over 26.5 years and to lead the men and women of the Beacon Police Department. It has been an honor to serve this great community, and stand ready to assist in the transition," stated Junjulas in the release.

I want to thank Chief Junjulas and Captain Fredericks for their decades of service and leadership for the city, and their willingness to afford me some initial time in office before retiring. I appreciate their guiding the department toward increased professionalism with their emphasis on training and dedicated approach will be missed, and I wish them both well in their future endeavors," said Mayor Lee Kyriacou, in the release.

Fredericks said, "I am grateful and honored to have served the residents of the City of Beacon over the last 26 years." He noted, "I have great respect for the men and women of the Beacon Police Department, and full confidence that they will continue to serve the City to the highest standards." Junjulas and Fredericks did not respond to an inquiry for comment.

Kyriacou stated, "I note, that as a City Council member from 2002-07, I was at first alone calling for control of police actions, and I believe eventually the unsung Council member obtained that U.S. Attorney Department oversight of the police, denoted the then chief, settled matters and lawsuits, and helped professionalize the department." The mayor added, "The Justice Department ended its oversight four years ago. While the department has reformed substantially, the ongoing national tragedy points out there is more to do, even locally, and we will look carefully again at multiple issues." Junjulas and Fredericks participated in the June 8 City Council meeting via teleconference. They informed council members of the department’s procedures and the 8 Can’t Wait. Cuomo signed new laws that will help to promote accountability and improve transparency in law enforcement, such as requiring all New York State Police officers to wear body cameras while on patrol; and creating the Law Enforcement Misconduct Investigative Office.

The governor reiterated that businesses that violate health guidelines can face the immediate loss of their liquor license and said that he issued Executive Orders strengthening state enforcement during the phased reopening and to expand the enforcement areas of the State Liquor Authority by giving bars responsibility for the sidewalk/area in front of their establishments.

The state will issue guidance to colleges and universities to allow some in-person instruction and on-campus housing for the fall semester. Campuses must develop a plan which meets the guidance, and file it with the state.

Reopening? Let us help to spread the word!!!

Many businesses are planning to reopen - but with special safety guidelines.

Let us help you limit the confusion and tell everyone how you will do it.

* Super low non-profit rates during the pandemic.
* 2-for-1 advertising (Just pay for print -- ads run free in digital papers)
* Ads in digital papers are hyperlinked to your website
* We’ll build your ad - and send proofs - at no extra charge

In addition to print, we now also send out digital papers to thousands of readers via Constant Contact emails.

Rates are BW per paper/per week (Add $50 for color):

Business card: $30 (4 7/8 inches wide x 2 inches high)
Double business card: $50 (4 7/8 inches wide x 4 inches high)
Quarter page: $90 (4 7/8 inches wide x 8 inches high)
Half page: $180 (9 7/8 inches high x 8 inches high)
Full page: $350 (87/8 inches x 16 inches high)

Community page ads – per paper/per week
3x3 inch square - $30 per week 3x6 inch rectangle – $60 per week

Cover banner: $200 w/clr per paper/per week; OR $180 for continuous weeks (6.5” wide x 2.5” high)

Beacon Free Press
Contact Curtis Schmidt
Email: cschmidt@sdutchessnews.com Call or TEXT: 845-406-7733
County completes COVID-19 testing initiative for nursing home residents

Dutchess County’s initiative to test nursing home residents for COVID-19 has now been completed with the results from all facilities reporting lab results. A primary goal of the initiative was to identify and mitigate any further spread of coronavirus.

The results from the final seven facilities are as follows:
- 22 residents were tested at Arch Care at Ferncliff, with five cases of COVID-19 identified.
- 53 residents were tested at The Baptist Home, with no COVID-19 positive results.
- 62 residents were tested at Renaissance Rehabilitation and Nursing, with no COVID-19 positive results.
- 132 residents were tested at Lutheran Care Center at Concord Village, with one case of COVID-19 identified.
- 67 residents were tested at Riverview Nursing Home, with no COVID-19 positive results.

Dutchess County Executive Marc Molinaro said, “Nurses and other care workers in our nursing facilities and skilled nursing homes are under the purview of the County, they are a critical part of the healthcare system and it is necessary to assist them in protecting the health and safety of our entire community.”

“This testing initiative for families with loved ones living in nursing homes, assisted living facilities and residential group homes in the County was another example of our commitment to provide residents the most current information on its COVID-19 Community Impact Dashboard, as well as guidance on its website, dutchessny.gov/coronavirus, its Coronavirus hotline, 845-486-3555 and on Facebook and Twitter (@DutchessCoGov).”

County COVID-19 updates

Region expected to enter Phase 3

By Kate Goldsmith

Dutchess County, with the rest of the Mid-Hudson region, was scheduled to begin Phase 3 of reopening under the “NY Forward” plan on Tuesday, June 23, in its Town Hall last week, Dutchess County Executive Marc Molinaro discussed updated guidance permitting visitation at residential group homes, assisted living facilities and nursing homes.

“In addition, the size of gatherings can increase from a maximum of 10 people to up to 25 people in Phase 3,” Molinaro said.

On Monday, June 15, the Dutchess County Nursing Home Task Force and Molinaro held a Town Hall together with Dutchess County Executive Marc Molinaro discussed pending legislation in the New York Senate to allow for in-person visits to nursing homes.

“Nursing homes are under the authority and oversight of the New York State Department of Health,” Molinaro said.

The first day of operation, in addition to the hundreds of resident visits that completed each week.

Molinaro discussed updates on issues he has been advocating for, including new guidance permitting visitation at residential group homes and hospitals. The New York State Office of People with Developmental Disabilities (OPWDD) began allowing visitation for families with loved ones living in residential group homes on June 19, subject to state guidelines and proper social distancing protocols.

Hospitals and group homes will be allowed to have visitors under certain facilities. The facilities must still follow social distancing guidelines, and it is up to the discretion of the facility to determine if visitations will be allowed. The facilities must notify the state they intended to allow visitors prior to arranging visitations.

IN BRIEF:

The Dutchess County Department of Behavioral & Community Health (DBCH) recently completed the transition to the New York State-wide CommCare Contact Tracking system, phasing out the previously used contact tracing system. In verifying cases to be transferred to the new CommCare system, a significant number of cases have been updated as “recovered” or have been removed from the active cases count. The active case count will continue to decline over the coming week as cases currently classified under “pending address confirmation” are closed out.

DBCH concluded its testing of all nursing homes in the county. See the related article on this page for the results.

Molinaro congratulated Barrington Atkins who was sworn in on June 17 as the newest member of the Dutchess County Legislature representing District 10 in the City of Poughkeepsie. Atkins was appointed to the seat by the City of Poughkeepsie Common Council following the passing of longtime legislator Barbara Jeter-Jackson in May.

Dutchess County Government continues to provide residents the most current information on its COVID-19 Community Impact Dashboard, as well as guidance on its website, dutchessny.gov/coronavirus, its Coronavirus hotline, 845-486-3555 and on Facebook and Twitter (@DutchessCoGov).

Central Hudson warns against phone scams

Central Hudson officials are warning local residents to be on guard against scammers who may claim to be Central Hudson staffers and contact residents by phone to steal personal information.

Telephone scams are taking place, falsely claiming that there’s an overpayment on the account, with instructions on how to apply for a refund. In this way, scammers may try to obtain personal information, including Social Security numbers, bank account numbers or other sensitive data.

Central Hudson officials ask residents to be cautious of calls that require you to your local law enforcement agency, and call Central Hudson at 845-452-2700. For more information about how to protect yourself against scams: https://www.cenhud.com/my-
Letters to the Editor do not necessarily reflect the opinions of the staff of
management of the Southern Dutchess News Group.

Dear Governor Cuomo:

As smoothie and juice bar within Poughkeepsie Galleria that have been closed for
months, we are urging you to reconsider and allow for enclosed shopping centers to
reopen. We have followed the phased guidelines outlined by the state and have been
hurriedly permitted to reopen our restaurants safely once our region hits Phase Three.
We’re simply asking not to be treated any differently than those restaurants that are
being allowed to open within the guidelines outlined by the state.

We represent many businesses within Poughkeepsie Galleria and collectively employ
hard-working individuals who are residents of our community. This unforeseen public
health crisis has put our livelihoods in jeopardy. All we are looking to do is get back
to work to support our loved ones and the community we deeply care for.

We observed how certain retailers were permitted to reopen in Phase Two, while oth-
ers were not. We believe we should be treated no differently as the other restaurant
establishments that will be allowed to reopen in Phase Three. We all face a challenging
road ahead. Not having the opportunity to begin this climb at the same time as others
compounds our difficulties exponentially, jeopardizes thousands of jobs, and further
opens the door to economic harm to the broader community.

We sincerely appreciate your prompt consideration of this request.

Carlos Gonzalez
Manager
Mr. Smoothie

Galleria businesses seek fairness

To the Editor:

Fifteen food and beverage businesses at Poughkeepsie Galleria, representing about
200 employees at the center, are demanding fairness and quick action from New
York State in allowing them to re-open alongside all restaurants as part of the Phase Three
reopening.

Despite carefully following the phased approach outlined by the State on May 4th and
investing significantly in new safety and social distancing protocols, in addition to
meeting all local and national health and safety metrics, these businesses and their
employees are in serious jeopardy at a critical juncture in our State’s recovery.

Mike Hoover, owner of NYV A Restaurant Group, stated “At Poughkeepsie Galleria,
our employees and customers are ready, eager and need to get back to work again to
provide for our families and contribute to the local econ-
omy. We’re simply asking not to be treated any differently than those restaurants that are
being allowed to open under similar circumstances.”

Aiden McGuire
Director of Corporate Communication
Poughkeepsie Galleria

Mid Hudson Valley Mortgage Bankers Association donates $500 to
Rebuilding Together Dutchess County

The Mid Hudson Valley Mortgage Bankers Association made a donation of $500 to
Rebuilding Together Dutchess County. Pictured, from left, are Dean Michael,
MHVMBFA Board Member, Vince Aurigemma, MHVMBFA President, Christina
Boryk, Executive Director at Rebuilding Together Dutchess County.

What Realtors can do to promote
equal treatment in real estate

Editors Note: The Dutchess County Association of Realtors® (DCAR) is pre-
senting articles on home-buying and sell-
ing trends and services provided by local DCAR member agents.

Realtors® celebrate all cultures and backgrounds. The Realtors® Code of
Ethics commits members of the Realtors® organization to providing equal profes-
sional service without discrimination based on race, color, religion, gender
(sex), sexual orientation, disability (hand-
icap), familial status, or national origin. That commitment reflects the same prin-
ciples embodied in the Fair Housing Act.

We, Realtors®, recognize that we can
only accomplish this value by continuing
to embrace diversity, equality, inclusion
and justice. The injustices of minorities
are well documented, and many too many
incidents in our American history have
occurred without significant change to
ensure that all minorities are treated fairly
and without prejudice.

Our role as Realtors® supports and
reinforces the right of all people in this
country to fair and equal treatment in all
areas of Real Estate. Our New York
State non-profit repair programs.

“Even though the current pandemic
safety measures have not allowed the
MHVMBFA to hold our regular events and fundraising efforts, we are still committed to supporting our local com-

unity organizations. Rebuilding Together Dutchess County is doing tremendous work in helping local
homes and associations and almost 100,000
volunteers each year.

Their goals include expanding cur-
rent programs, said Will have an
enormous impact on neighborhoods
affected by vacant housing. They also
want to expand several current pro-
grams, including their Home Safety and
Fire Prevention, Rebuilding Day Home
Repair, Handyman and Community

Amid the Covid-19 pandemic, the
Mid Hudson Valley Mortgage Bankers
Association (MHVMBFA) announced its
donation of $500 to Rebuilding Together Dutchess County.

“We are looking forward to working
with this tremendous resource and
supporting our local communities,
which you can do through this
fundraising effort,” said Will.

Sarah Morgan, Executive Director of
MHVMBFA, said “the donation will
help fund our Home Safety and
Fire Prevention programs, and other
crucial services that help

In commemoration of Fire Prevention
Week, the Dutchess County
Association of REALTORS® serves,
supports and enhances their members’
to excel and to better serve the communities in

At different times you will see photos in our newspapers and at our web-

Editor’s note

At different times you will see photos in our newspapers and at our web-

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.
Gregory ‘Bubba’ Cherubini

Gregory ‘Bubba’ Cherubini died peacefully in his sleep on Tuesday, June 8, 2020 at the age of 51. Gregory is survived by his mother Linda; his father, John; his three children, Olivia Cherubini and two sons, Kellen Sela and Demetrius Sela; his wife, Patricia; his brother, John Cherubini and his fiancé Paige Gore; his cousin, United States Senator Chuck Grassley; his wife and his daughter, Cincinnati, OH; and his niece, Susie. He is also survived by his four grandchildren, Lorelei and John, Laila and Trey. He was preceded in death by his father John Cherubini and Aunt Linda Posada. Gregory was born on April 3, 1969 in New York, NY. He was born an only child which made him a loving father who took care of her and her family. He loved his family and friends and will be greatly missed by all his family, friends, and colleagues. His private memorial Service has been held in memory of Gregory ‘Bubba’ Cherubini.

Our sweet Lizie, our angell on earth, begins her eternal life in Heaven on June 24, 2020. Lizie Sela came to America in 1971 from her native Serbia. She was a loving mother, grandmother, aunt and friend to all. Her smile lit up every one of her encounters. Her children and grandchildren loved her. We love and will miss her every day.

Elizabeth Ferrara Meunberger

Elizabeth Meunberger, 90, passed away peacefully on Sunday, June 13 at 1:00 a.m. at the Culpeper Center in Fishkill, NY. She was born in Beacon, NY to John and Amelia Ferrera and is survived by her husband, John Pizzuti, of Fishkill. They were married for 58 years. She was the daughter of the late John and a graduate of John Jay High School. Elizabeth was a graduate of Manhattan College and was a member of the Board of Directors of the New York Unitarian Church in Fishkill. She was a long-time member of the Fishkill Congregational Church and was an active member in the community. She was an active member in New York Unitarian Church and was an active member in the community. She was a proud mother of two children, John and Karen, and is survived by her daughter, Karen Pizzuti of Fishkill, her granddaughter, Julia Pizzuti and her sister, Janet Janczak of Fishkill. She was preceded in death by her husband, John Pizzuti.

In an effort to recognize the unrepe- nanced financial challenges facing many students and their families due to COVID-19, the Marist College Board of Trustees has voted to approve a zero tuition increase for the 2020-2021 academic year.

We know that the global health pan- demic has caused widespread disruption and hardship, and many families and students are struggling. We are committed to assisting students during this time and to helping keep a Marist education within reach.

Last month, the College also announced the formation of the Strong Marist Emergency Fund, which will provide one-time grants for returning graduate students whose families have been hardest hit by this crisis. Established by a member of Marist’s 2020-2021 academic year and adopted two children - son Patrick, 63, of Ormond Beach, FL, and daughter Elizabeth, 51, of Fishkill. Mr. Tassell lived in Beacon on West Central Avenue for many years and was a member of the Poughkeepsie Reformed Church. A lifelong member of the Town of Fishkill Police Department, he served for IBM in Poughkeepsie for many years as a police officer, first as a police officer and then as District Manager. Mr. Tassell received his Bachelor of Arts degree from the Catholic University of America and his Master of Science degree from Columbia University. He met two U.S. presidents, George Washington and John Paul Jones, and served for several international dignitaries. When not traveling the world, Mr. Tassell lived in Beacon on West Central Avenue. He is survived by five children, Elaine K. McHoul and Roz K. McHoul; seven grandchildren; and four great-grandchildren. The family requests that donations in his memory be made to the Alzheimer’s Association of the Hudson Valley.

Marist College President Dennis Murray said, “We are committed to assisting students during this time and to helping keep a Marist education within reach.”

Last month, the College also announced the formation of the Strong Marist Emergency Fund, which will provide one-time grants for returning graduate students whose families have been hardest hit by this crisis. Established by a member of Marist’s
Train ONLINE to get the skills to become a COMPUTER & IT TRAINING PROGRAM!

PHONE: 347-713-3553

Now offering a $10,000 scholarship for Train ONLINE to get the skills to become a COMPTER & IT TRAINING PROGRAM!

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Train at HOME to DO MEDICAL BILLING ! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months ! Call 855-543-6440. (M-F 8am-6pm ET)

COMPUTER & IT TRAINING PROGRAM ! Train ONLINE to get the skills to become a Compter & Help Desk Professional now! Now offering a $10,000 scholarship for qualified applicants. Call CTI for details! (844) 947-0192. (M-F 8am-6pm ET)

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Safety is top priority as All Sport plans reopening

By Sandra Slokenbergs
All Sport Yoga Instructor

There’s been no time for down time at All Sport Health and Fitness in Fishkill, NY, where every inch of the 80,000 square foot indoor facility has been disinfected, polished, painted and programmed to make safety a priority. As society was forced to slow down, the club revved up to keep up with changing demands. Though it will feel like home to many upon their return, there will be significant changes on re-opening day.

As New York State opens in phases, All Sport will open in stages. When Governor Cuomo announces the start of Phase 4, with an anticipated date of early July, the club will enter its Stage -1. Newly established policies and procedures will be implemented immediately, all with the mission to guarantee safety for all. It’s respectfully expected that some members will hold off on coming back initially, thus, the ongoing slew of virtual classes will allow members to continue training from home. An extensive online schedule will be built into the membership plan. For those ready to walk through the front door on re-opening day, here’s what they can expect.

• First stop, The Wellness Station, to ensure sanitization and good health. Familiar faces at the front desk will then guide members how to proceed through the facility: six to ten foot ground markers, one way traffic flow in hallways and staircases, and couches and chairs separated accordingly, to guarantee safe socializing. To limit congestion, members will be required to pre-register for classes, and no purchases will be permitted at the Front Desk.

• There will be reduced class schedules and sizes, to include two outdoor classes (yoga and pilates) and one indoor cycle class. Members bringing children to Kid’s Club will be pleasantly surprised by the bright and cheery look there, which will also require pre-registration. The Free Weights area will have a maximum capacity. The Boxing Studio will remain closed, except for one-on-one personal training.

• The Cardio Room will have similar regulations, where select machines will be removed or moved to enforce safe physical distancing. Signage will remind all to be mindful of cleanliness and distancing. The Stretching Area will be split into 4 sections, and as for locker rooms, limited amenities will be available during Stage -1. Members will be encouraged to arrive at the club in workout gear.

• The Fuel Cafe will be open for grab-and-go food and beverages only. Fitness consultations, personal training and MedEx will be available by appointment. Many Small Group Training, Group X and Mind Body classes will be held virtually and all others will require pre-registration. Studios will be locked when classes are not in session, and during classes, all windows will be kept open.

• The entire All Sport Family is excited to move forward with Camp Fit this summer for children ages 4 - 12. Changes will be made to align with state and county guidelines, while providing a safe place for children to get out of the house, see friends, breathe fresh air, and have fun.

Safety is the number one priority at All Sport, and with members and staff keeping this the primary focus, they will be able to ensure a safe and smooth re-opening.

Be sure to visit the website at www.allsporthealthandfitness.com for continual updates.

The Movement Zone and cycle studio are among many areas of All Sport that have been cleaned, disinfected and sanitized from top to bottom as they prepare for re-open. Staff will continually clean and sanitize all areas.

Courtesy photos

Safety is top priority as All Sport plans reopening
Great stories of love show real life in nursing facilities

Recent articles in certain national news outlets have been focusing on the challenges facing nursing homes during the COVID-19 pandemic. These articles site nursing homes where residents are infected with the coronavirus, staffing is minimal and protective equipment is sparse - if not unavailable.

The articles bring attention to the reality that our elder population is vulnerable to COVID-19, and that it spreads swiftly among people living communally. The stories incite fear and apprehension. They conjure up images of lonely, neglected residents and exhausted, frustrated staff. It leaves readers feeling helpless and angry.

What the articles in certain national news outlets fail to report is the good that is taking place in nursing homes during the COVID-19 pandemic. With the focus on all of the things that can go wrong, there has been little attention to what has gone right.

I write to share stories of residents and staff who have banded together to get through this as a team - or more appropriately - as family. Because that is what residents are to their staff - family.

I reached out to social workers in various long term care facilities in different states and posed the question: What good is taking place in your facility during COVID-19?

A social worker in a long-term care facility in Texas shared that an employee reads out loud to a resident who recently lost his vision. She does this to give a human touch that audio books can’t provide. They have just finished their second novel and are beginning a third.

Across the country, nursing homes have locked down their units to lower the risk of COVID-19 spreading. In a nursing home in Florida, one employee carried love notes between two residents who lived on different floors. The employee did this until one of them passed away. She was their messenger, keeping their love alive as long as she could.
Learning life lessons during the pandemic
MAKING EDUCATION WORK

with Diane Fulves

These last few months have been a very difficult time for all of us. We have been frightened by a deadly virus, confined to our homes as our lives were turned upside down. But during all this turmoil, we have experienced a wonderful explosion of appreciation. The words, "I love you," are said and seen over and over. During these long, arduous months our children have learned many lessons beyond those found in the lesson plans. The adults in our lives have taught our children how to adapt to an unprecedented situation, how to persevere through a difficult time. They have helped children continue to complete their assignments and found ways to encourage them. The days were long, but they did not give up.

They watched their teachers as they abandoned their classrooms to develop online learning. Many created packets for their students to complete. They continued to keep in contact with parents and students. They continued to reassure their students that they loved them and missed them. Their diligence, their perseverance, their enthusiasm has made our children feel loved and needed. They continued to reassure their parents and students that they loved them and would be there for them to help them organize their time, complete assignments, and encourage them. And they were.

The school year will end soon. Hold on to the lessons you have learned. You made it through a challenge that may have seemed insurmountable in March. Your children have achieved academically, and they have learned life lessons, to cooperate, to work hard, and to persevere. Parents, breathe a sigh of relief. Look forward to the new year, when, hopefully, we will be back to a "normal" school routine.

I have recently come across three articles in Wrightslaw, that offer parents of children in special education excellent information regarding services your child can receive during this crisis.

2. Pete and Pam Wright Answer Questions about Compensatory Ed and IEPs: Special Education in a Pandemic Quarantine.

Parents, and teachers, thank you for all you are doing to nurture our children. They are a gift to us. They are our hope for the future. Diane Fulves is an educator 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 to Odyssey, programs that enrich children with the magic of the arts. For more information, please contact her at dee076@verizon.net.

Hi Tom,

This pandemic lockdown has been difficult for everyone living in our homes. Over the years, we have subtly taught our pets to adhere to a routine - wake, eat, walk, work, and repeat in several hours. Our pets are used to us not being around as much as we are, but now that we are working from home, our pets are getting confused.

However, because we are home more, we are also more likely to become aware of abnormal behaviors that our pets exhibit. So, to address your question, you dog could be drinking more now that it is getting hot outside or from boredom, but I suggest you bring your dog for a complete examination before making any assumptions.

There are several diseases that can make your dog drink an excessive amount of water. Of course, the more water you drink the more you have to urinate. Many times, the cause of the accidents is the sense of urgency to go to the bathroom and the inability to get outside. Sometimes the cause of the accidents is leaking urine during sleep when the muscle that tightens the urinary bladder relaxes and urine overflows.

There are several things that we would want to know during the examination, such as has your dog lost weight, approximately how much water is your dog drinking, are the accidents occurring when your dog is awake or only when sleeping, any vomiting, diarrhea, and how about her appetite?

Each of these questions can point us to a medical problem vs. a behavioral issue. For example, let's assume your dog weights about 70 pounds, an abnormal amount of water is about 2.8 liters or 11 cups of water per day.

So, during the examination we are going to look closely at specific findings, such as the condition of your dog's coat, the strength of your dog's muscles, and how her abdomen palpates.

There are many medical conditions that can cause a dog to drink an excessive amount of water among them are simple urinary tract infections, urinary bladder stones, diabetes, Cushing's disease (which is a disease of the adrenal or pituitary gland), diabetes insipidus (different than sugar diabetes), uterine infections (in unspayed females), kidney infections, kidney insufficiency, Lyme disease, leptospirosis, liver disease, or psychogenic polydypsia (a behavioral problem which causes a dog to drink more water which as you can guess leads to more urination - this is a rare condition).

With this huge list of possible causes, you can see how being a veterinarian can be a lot like being a detective. We can't just ask your dog how they feel or what hurts. We have to use our skills during the examination and ask you as the guardian, the correct questions, and run the correct laboratory tests to determine the cause of the problem and then provide the correct treatment plan for your pet.

So, in your case Tom, I would strongly recommend you make an appointment with us to have your dog examined. Expect at a minimum a blood test and urine sample to be ordered.

The one good thing that has come out of this COVID-19 lockdown is that we are observing our pets more, picking up on serious medical conditions earlier and having better outcomes.

So, take advantage of our app, website or just call the office to set up an appointment with one of our doctors and I suspect we will have your dog feeling better in no time.

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 pet care, visit Hopewell Animal Hospital at hopewellanimalhospital.com or call 845-221-7387.

Hopewell Animal Hospital practices Integrated Veterinary Medicine. This approach combines the best of traditional and complementary medicine to provide maximal benefit for your pets health. At Hopewell Animal Hospital, we care about the health of your entire family. See how an integrated approach to medical care can make a huge difference in the health of all of your pets.

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June 24, 2020 — 3

Healthy Lifestyles

ASK THE VET

Dear Doctors,

My 8-year-old female yellow lab has been drinking more water and having accidents in the house since the start of the pandemic, could it be from boredom?

Thanks, Tom

Town of Wappinger

Hi Tom,

There are several diseases that can cause a dog to drink an excessive amount of water per day.

There are several diseases that can cause a dog to drink an excessive amount of water per day. Dr. Jerry Scheck, MAKING EDUCATION WORK NEW YORK TIMEzone, completion of assignments, and trusted that they would be there for parents had to continue their first full time position, classroom teacher. As they prepared to provide a learning environment for their children, many parents had to continue their first full time job at home! But their children trusted that they would be there for them to help them organize their time, complete assignments, and encourage them. And they were.

The school year will end soon. Hold on to the lessons you have learned. You made it through a challenge that may have seemed insurmountable in March. Your children have achieved academically, and they have learned life lessons, to cooperate, to work hard, and to persevere. Parents, breathe a sigh of relief. Look forward to the new year, when, hopefully, we will be back to a "normal" school routine.

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“Children have never been very good at listening to their elders, but they have never failed to imitate them.”

James Baldwin

Have you ever known someone who repeats the same self-destructive behavior over and over? Perhaps someone who neglects personal needs to accommodate those of others; or a person who regards himself as a failure despite his many successes? An individual who may often form relationships that frequently end in disaster?

These and other unpleasant outcomes are the result of continually replaying highly negative, damaging experiences caused usually during childhood. They manifest first and foremost in the neuro-musculature of the body and are held there in ways that often cause physical pain.

As these negative experiences create expectations — set the tone — for future beliefs, values and behaviors, they may be considered, "negative imprints." At times, highly emotional experiences create life patterns, which seem unrelenting, invincible to change. People often feel imprisoned by them, making it difficult to live satisfying lives.

Negative imprints generate a host of unsatisfactory behaviors to which we become accustomed over time. Then as adults, we continue to engage in these and similar behaviors in a variety of situations, because that is all we know. For example, just after "Adrienne P." was born, her mother was badly assaulted and robbed. Shortly thereafter, her father, died suddenly. Throughout her childhood, Adrienne, raised only by her mother, was taught to be wary of people, avoid activities, and consider danger ahead at every turn. As a result, she grew up with few friends, rarely engaged in social activities electing instead to adopt a life in which she was a self-imposed prisoner at home. Ultimately, at 45, she did marry briefly until her former husband lost patience and physical contact—love—was rarely communicated. This conditioning produces adults who believe they are misunderstood, unloved and then seek others who are cold, unyielding, distant with whom to identify and relate.

• Helplessness. Those individuals whose attempts at independent functioning were ignored or otherwise punished—grown up believing themselves in-competent at performing everyday tasks and problems. They were conditioned to believe when a situation arises, there is no choice but to panic, then depend on others to get things done. Often, they seek strong, decisive, domineering people for partners and avoid deciding issues, lest they make mistakes.

• Anxiety. We all experience anxious feelings and behaviors at intimate relationship. Often, they had been mistreated—physically, sexually, or emotionally—as children. Then as adults believing themselves unworthy, they are attracted to abusive, distrustful partners.

• Emotional Impoverishment. For any number of reasons—parents’ alcohol dependence, former child abuse, their own parental modeling—there are those who were raised with inadequate parental nurturing. Their noteworthy actions went unrecognized, instances of positive comments were few and far between, and physical contact—love—was rarely communicated. This conditioning produces adults who believe they are misunderstood, unloved and then seek others who are cold, unyielding, distant with whom to identify and relate.

Excessive anxiety requires in order to relinquish negative imprints...and make new imprints. Consider a negative imprint, how it began and now pervades your life. Identify a positive change to pursue. Then take the plunge. Try it; recognizing you can always go back. Somewhat surprisingly, it is often easier to "unlearn" them. In such cases, professional assistance may be required in order to relinquish negative imprints...and make new imprints.

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.drrandywgreen.com

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Dr. Matthew DelMauro joins Poughkeepsie plastic surgery practice

Matthew A. DelMauro, M.D. has joined facial plastic surgeon Dr. Manoj T. Abraham’s Poughkeepsie practice, Facial Plastic, Reconstructive & Laser Surgery and Oasis MediSpa.

Dr. DelMauro is a New York-trained plastic surgeon with a Manhattan-based practice focused on non-surgical and surgical aesthetic, plastic, and reconstructive procedures of the breast, body and face. Dr. DelMauro believes that achieving natural and sophisticated results depends on two things: a thorough understanding of anatomy and a thorough understanding of his patient’s goals and desires. To this end, Dr. DelMauro has spent years refining his knowledge of the human body. He also commits time to learning exactly what is important to each patient. Dr. DelMauro then tailors a treatment plan for each of his patients based on their unique anatomy and aesthetic goals.

Dr. DelMauro performs a variety of procedures using the newest and most advanced techniques. Some of the procedures include breast augmentation, breast lift (with or without implants), breast reduction, arm lift, back lift, tummy tuck, and liposuction. He also performs a variety of noninvasive and minimally invasive procedures like Botox and fillers.

A native of the Midwest, Dr. DelMauro attended the University of Michigan before receiving his medical degree at the University of Toledo. During his medical training, he was distinguished by his acceptance to the prestigious Alpha Omega Alpha honor Medical Society. He then went on to earn one of the most desirable integrated residency positions in Plastic Surgery at Northwell Health System in Long Island, New York. During his training, he worked at the internationally renowned Manhattan Eye, Ear, and Throat hospital—where he collaborated with world leaders in aesthetic facial surgery, breast surgery, and body contouring surgery.

Dr. DelMauro joins a world-class team at Facial Plastic, Reconstructive & Laser Surgery and Oasis MediSpa, including aestheticians, massage therapists, physician assistant Ryan Young, PAC; Yogita Kashyap, M.D., a Manhattan oculofacial plastic surgeon specializing exclusively in cosmetic and reconstructive procedures of the eyes, eyelids, and surrounding structures; and owner facial plastic surgeon Dr. Manoj T. Abraham, M.D., F.A.C.S., who is regularly listed by Castle Connolly and annually named to Hudson Valley Magazine’s Top Doctor’s List.

Dr. DelMauro and the entire staff at Facial Plastic Reconstructive & Laser Surgery and Oasis MediSpa are following all of the health and safety guidelines regarding Covid-19. For more information, please visit NYfaceMD.com, or call 845-440-1828.

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How to pick and stick to a diet while self isolating

By Premier Medical Group

Diets are notoriously hard to maintain – even under ordinary circumstances. But now that so many of us are practicing self-isolation in response to the COVID-19 pandemic – and have unlimited access to our refrigerators – sustaining healthy habits can be nearly impossible.

Some have labeled this unique, weight-related challenge the “Quarantine fifteen” (a riff on the “freshman fifteen” or “the COVID-19.” More than a trendy buzzword, a survey of over one-thousand Americans by webmd.com found 22 percent of men and 47 percent of women gained weight during lockdown, suggesting the virus and self-isolation are having an effect on our waistlines.

While this current pandemic is devastating, we at Premier Medical Group find it is also an opportunity to reflect, regroup and recalibrate our lifestyle choices. Good diets lead to a variety of positive health outcomes. Starting and sticking to a diet takes careful planning, so here are some helpful tips to diet while self-isolating.

Why Dieting During a Pandemic Matters

During a crisis – or a moment of great societal and cultural change – it can be easy to overlook our personal health. COVID-19 has led many to not be proactive about their medical concerns. While we may believe our weight is not an issue today, the stakes are far too great to let it go unmanaged. Poor diets have been connected to unhealthy weight gain and increased risk of often serious conditions, such as heart disease, hypertension, diabetes and osteoporosis, according to the US Department of Health and Human Services.

On top of that, research suggests obesity raises a person’s risk of hospitalization or developing a severe illness from COVID-19, according to study cited on webmd.com. While weight did not appear to be a factor for those over the age of 60, those who are younger and have a body mass index (BMI) of 30 to 34 were twice as likely to be admitted to a hospital or acute care, researchers said. And those with a BMI of 35 or greater were three times as likely to be admitted to an intensive care unit.

How Self-isolation Can Make Dieting Harder

Dieting itself is difficult. According to a 2018 Washington Post article, an estimated 45 million Americans embark on a diet each year, and as few as five percent succeed.

There are innumerable reasons dieters revert to old eating habits. Our jobs are a factor, as are our surroundings and families. But for the purposes of this post, we’re going to focus on the particular set of issues related to self-isolation.

Chief among those: reduced physical activity and consumption of calorie-rich foods, according to a Mayo Clinic physician. During a crisis, there is a greater chance Americans are buying foods that have a longer shelf life, which tend to be both highly processed and less nutritious.

Then there are our mental states to consider. Just like any crisis or pandemic, COVID-19 can create a great deal of stress. As the U.S. Center of Disease Control and Prevention (CDC) notes, “Fear and Anxiety about a disease can be overwhelming and cause strong emotions in adults and children.” Reactions can manifest in a number of ways: difficulty sleeping or concentrating; worrying of chronic health problems or mental health conditions; and – not the least of which – changes in eating patterns.

“Stress eating,” as some have labeled it, is backed by research. An article published by the Harvard Medical School explains it this way:

• Short-term stress fires up the body’s fight-or-flight response, which can temporarily curb our appetites
• Long-term stress, on the other hand, leads to the release of the chemical cortisol, which can increase our appetites and potentially motivate us to eat
• Studies of humans and animals suggest stress activates the desire to eat foods that are high in fat and sugar

How to Choose & Maintain a Diet During Quarantine

While there are any number of ways to start a diet, here is just one route. Make a pact with yourself that the success or failure of your diet won’t simply rely on “will power,” or your own internal strength to overcome urges. Diets are better understood as part of a larger set of lifestyle choices, as a recent article in Psychology Today outlines. Support yourself with these tips:

• Before dieting, learn how to motivate yourself and to persist through cravings
• Make a list of reasons why you want to lose weight
• Create time to eat slowly and thoughtfully while sitting down
• Ask a family member or friend to help you stay accountable
• Get to the root of why you’re craving food and ask whether or not food addresses this underlying issue
• Recognize that making a mistake in your diet isn’t the end but simply a hurdle before can get back on track

Additionally, take steps to address factors that are specific to self-isolation. Our weight is tied to any number of items, chiefly what we consume and our levels of physical exercise. Whether or not a diet worked in the past or you’re embarking on a new one, consider that your physical activity may be significantly reduced and your diet may have to adjust to make up for this. (Naturally, an alternative is to remain active, and we strongly suggest you observe safe social distancing guidelines.)

Finally, take a personal inventory of your own anxieties at this moment. Practice stress-reducing techniques that work for you to better prepare yourself to stick to a diet. Here are a couple tips from the CDC:

• Take breaks from watching, reading or listening to news stories
• Breathe deeply, stretch or meditate
• Exercise regularly
• Get lots of sleep
• Avoid alcohol and drugs
• Unwind and take time to do activities you enjoy
• Safely connect with others

Get Support From Premier Medical Group

Whether you need support or are seeking guidance, trust the team at Premier Medical Group. Our highly trained and experienced physicians are here to help you design a diet that fits your lifestyle and needs. Premier’s doctors are consulting patients via Telemedicine and in person. To schedule an appointment please visit www.premiermedicalhv.com

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www.PMGtelemedicine.com
MAGNUSS Divorce Mediation offers alternative to traditional adversarial divorce proceedings

Thinking about divorce? You have a choice to make. You can retain separate lawyers and go off and do legal battle with one another, or you can sit down with an impartial divorce mediator and resolve these issues on your own.

If you’re looking for an alternative to the expense and trauma of traditional divorce, MAGNUSS Divorce Mediation, located in Heritage Executive Suites off Route 52 in Hopewell Junction, is here to help. Fifteen-year Hopewell resident Diane Magnusson offers a cost-effective, time-efficient and private way for couples to reach a mutually agreeable divorce settlement.

Ms. Magnusson’s qualifications include a law degree from Vermont Law School, with a focus in Family Law and Alternate Dispute Resolution; a judicial clerkship with Vermont Family Court Judge, the Hon. Amy Davenport; certification as a divorce mediator; and over 25 years of strategic negotiation and conflict resolution experience.

But most important, Diane has a holistic knowledge of the impact of family conflicts, and a deep understanding of the legal, financial, and emotional elements of divorce.

So, what does mediation look like?

In divorce mediation, during a series of sessions, both spouses talk directly with each other and work together to reach resolutions they can truly live with. They are both “given the floor,” as the mediator guides them through each issue that needs to be addressed, including custody and visitation, property division, child support, retirement benefits, spousal support, health insurance, etc. The process concludes with the execution of a formal, legally binding, separation agreement. Working with Magnus Divorce Mediation also helps parents spare their children the trauma of seeing their parents “fight it out” in court. Ms. Magnusson explains, “When couples work with me to end their marriage through divorce mediation, they protect their children from being torn apart by the adversarial court process. They also create a cooperative environment that sets the stage for co-parenting after the divorce is final.”

If you’re ready to take the next step, visit www.magnussdivorcemediation.com or call (914)382-3268 today to schedule a free 30-minute Zoom video consultation—and discover how MAGNUSS Divorce Mediation helps couples facing divorce find the best solutions for their family in a more cooperative, practical and cost-effective manner.

Zoom and phone sessions are now available.

Nursing facilities have closed their hair salons, abruptly halting a service that brings much joy to the elderly female population. Anticipating this, one facility made Friday “Beauty Days.” Staff takes turns painting residents’ nails and doing their hair; music playing in the background. The social worker reports, “I have learned more about curling and setting than I ever imagined I would.”

Staff at a long-term care facility in Michigan created a socially distanced anniversary celebration for one of their residents. They placed a table outside a window, poured sparkling grape juice, and made cupcakes so the resident and his wife could toast to their 55 years of marriage.

Within Brookmeade, I have witnessed love seeping over the edges. When the outside world shut down, our facility rallied to make sure our residents felt safe and valued. Full-time staff was swiftly assigned to video calls and window visits, allowing for residents to remain in visual contact with their friends and family.

Staff volunteered to work on their days off. Horses (both large and miniature) were led around the campus, surprising and delighting residents and staff. Long-Term Care week concluded despite COVID-19, with a parade recognizing staff, BBQs, raffles, and other activities. Tea and cookies, Mardi Gras cupcakes, strawberries and cream, and ice cream soaks are a few examples of edible treats provided for residents.

But most importantly, Brookmeade never missed a beat in our devotion to resident care. I continued to see relationships bloom between staff and residents. I’ve watched staff continue to take the time to sit with confused residents and ease their anxiety. I’ve witnessed staff ensure residents had their favorite purse, or were wearing their favorite lipstick.

Those little things that are truly big things have remained important to us. The COVID-19 pandemic did not stop this.

Photographs of first-line workers donned in hazmat suits exiting a struggling nursing home might garner more views for a news site, but they don’t tell the whole story. They don’t share the story of the countless beautiful moments that occur every day – COVID-19 or not – in nursing homes

Megan Hawkins, LMSW is a licensed social worker at the Brookmeade Community. She graduated Summa Cum Laude from Marist College with a Bachelor of Social Work, before receiving her Master in Clinical Social Work from Fordham University. She has two children and a dog named Leo. For more information, visit brookmeadecommunity.org.
What is mindfulness and why practice it?

By Dr. Patricia Shannon

Mindfulness has allowed me personally to experience reduced stress levels, but it is not the only way. Meditation and mindfulness practice can help manage stress, as well as have many other benefits.

Dr. Patricia Shannon

Mindfulness can be described as the ability to be present and aware of your current moment, while being aware of your thoughts and feelings without reacting to them.

The prevalence of the virus in your region as well as your individual risk. Ask yourself these questions:

• Am I in the high-risk category of older adults and people with underlying health conditions?
• Is someone I live with or have close contact with of high risk?

In addition, the Centers for Disease Control and Prevention has some guidelines that may help you make wiser decisions. Here is some information to help you be aware of the virus and to practice your mindfulness and relaxation.

Dining out

If you decide to patronize a food establishment, dine outdoors. Your table should be spaced six feet away from other tables or areas where there are customers (e.g., the bar area). Your hostess and wait staff should always be masked. You should wash your hands or change gloves after coming into contact with high-touch surfaces and garbage.

Sanitize your hands before you eat and after you pay. Dine with people who you have quarantined with such as close family members. Weigh the risk before inviting friends out to grab a bite with you. Interacting with more people, especially those who aren’t wearing a mask, raises your risk.

Public restrooms

If nature calls and you must use a public restroom, wear a mask, avoid close contact with others and give yourself a thorough hand washing with soap for more than 60 seconds. If there is a line to use the toilet or sink, maintain six feet from the person ahead of you and kindly ask the person if you can go in.

If you or your loved one is at high risk of infection, you should be careful with your interaction with others.

Backyard BBQs

This is a very personal decision. Some things to consider are: How many people are coming? Fewer people spread outdoors or in a large room with good ventilation (open windows and doors) is a better option.

Promote outdoor activities, intimate groups, where social distancing is maintained. Avoid greeting others with hugs, kisses and handshakes. Pick a seat six feet away from people who are not part of your immediate household, especially those in the high-risk category. Shorten the duration of the interaction, if you can.

Parks and playgrounds

We want you to get fresh air and vitamin D from the sun, however, large group gatherings are still risky situations. To be safe, avoid popular destinations where the park could be crowded. Don’t travel to parks far from home, especially in areas with high COVID-19 cases.

And, while many parks locally have re-opened, areas of parks where people cannot social distance could be risky. Consider avoiding busy hiking trails, playgrounds and sport courts. In addition, face masks are required for children older than 2, so if you do bring the family, take their masks, frequently sanitize their hands and talk to your children about social distancing on playground equipment if you decide to let them play there.

If you have an underlying condition, practice these guidelines, as they may help reduce your risk of getting the virus.

Mindfulness is a very personal practice. It can be done anywhere and at any time. You can practice mindfulness in your daily life and incorporate mindfulness into your daily routine.

Mindfulness can be practiced all through your day. If you are just starting out, try looking at YouTube videos or phone apps that can guide you through your practice. Mindfulness can be expressed through art, physical activity, meditation, prayer, or playing music. Mindfulness is a part of self-care, so take time to focus on yourself today.

Christine Myers, PT, DPT practices at the Center for Physical Therapy. Visit centerforphysicaltherapy.com or call 845-297-4779. Offices are in Wappingers Falls, Hyde Park and Carmel.
Peripheral Arterial Disease (PAD) is a condition caused by plaque buildup in the arteries of legs, restricting blood flow to the lower extremities. Elderly patients and cigarette smokers are, particularly at risk. But perhaps the most at-risk population for PAD are patients with diabetes mellitus. It is important that patients with diabetes be aware of the warning signs and symptoms of PAD so it can be treated early before foot ulcers or other serious conditions develop.

The correlation between diabetes and Peripheral Arterial Disease

Diabetes is known to significantly increase the risk of developing Peripheral Arterial Disease. In fact, studies show that one out of every three adults over 50 with diabetes is likely to have Peripheral Arterial Disease. One of the most common manifestations of PAD in diabetics is the development of a foot or toe ulceration. In 2019, between 1 million to 3.5 million Americans had a history of foot ulceration.

According to the American Diabetes Association, the lifetime risk for diabetic patients developing a foot ulcer in their lifetime is as high as 25 percent. Symptoms of Peripheral Arterial Disease

The most common symptom of Peripheral Arterial Disease (PAD) is pain in the back of the legs that occurs while walking. This pain is known as “claudication,” and it is caused by a lack of blood flow to the legs due to arteries blocked by plaque, a deposit in the wall of the blood vessel comprised of fat, cholesterol, calcium, and other substances. It may develop slowly over a person’s lifetime but when it reaches a critical point it can block off the blood vessel and cause claudication symptoms.

In milder PAD cases, the claudication subsides when resting. In more advanced cases, the pain moves to the toes and is present even at rest, particularly at night. It’s not uncommon for PAD sufferers to drape their legs down the side of the bed in order to relieve pain and increase blood flow to the feet. Other common PAD symptoms include:

- Coldness/numbness within the toes
- Discoloration of the feet or toes
- Severe pain
- Slowly-healing wounds

Thanks to recently-developed, non-surgical, minimally invasive procedures, PAD patients are living longer and healthier lives. In just the last decade, significant technological and medical innovations have made Peripheral Arterial Disease easier to detect and treat without hospitalization. If you or someone you know is experiencing symptoms of PAD, our Fishkill Endovascular Center is now open. Schedule your consultation today at 1-833-PAD EXPERT (1-833-723-3973). www.americanendovascular.com

CALL FOR A CONSULTATION TODAY: 1.833.PAD.EXPERT (723.3973)
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In the Matter of the Extension of the United Wappinger Extension No. 7 – Hindu Samaj, Inc.

ORDER CALLING PUBLIC HEARING

At a Regular Meeting of the Town Board of the Town of Wappinger, Dutchess County, New York, held at Town Hall, 20 Middlefield Road, Wappingers Falls, New York, on June 8, 2020.

The meeting was called to order by Richard Thurston, Town Supervisor, and upon roll being called, the following were present:

Whereas, it is now desired to authorize such a Type II project and its financing; and

WHEREAS, on June 3, 2020, the Town Board of the Town of Wappinger, Dutchess County, New York, adopted a resolution, a summary of which is published hereinherewith subject to a period of probable usefulness of the aforementioned objects or purposes fifteen years, pursuant to Section 11.00 of the Local Finance Law. Section 4. The facts and credits of said Town of Wappinger, Dutchess County, New York, are hereby irretrievably pledged for payment of the principal and interest of such bonds, both on the sinking fund basis and otherwise; and the bonds hereinafter described shall be and are hereby made and declared to be the bonds of such Town.

WHEREAS, the estimated cost of said Extension to the typical property therein is $5,600.00 in the first year, in which operation, maintenance, debt service and other charges and expenses are to be paid; and

WHEREAS, the estimated maximum cost of said improvements is $17,000.

WHEREAS, the cost of the buy-in fee to the UWSD for the property is $4,800 in accordance with the provisions of the Local Finance Law. It is determined that the carrying charges and incidental improvements and expenses in connection therewith, all as more fully described in the Map, plan and report accompanying the same, are to be paid.

WHEREAS, said capital project for said Extension and the establishment thereof has been determined to be an Unlisted Action pursuant to the regulations of the New York State Department of Environmental Conservation promulgated pursuant to the State Environmental Quality Review Act, Art. 64E of the Civil Law of the State of New York, as amended, and the provisions of the Local Finance Law. It is determined that the provisions of the SEQRA will not be required, and hence the object or purpose, together with the other provisions of the SEQRA, will not be required, and hence the object or purpose, together with the other provisions of the SEQRA, will not be required, and hence the object or purpose, together with the other provisions of the SEQRA, will not be required, and hence the object or purpose, together with the other provisions of the SEQRA, will not be required, and hence the object or purpose, together with the other provisions of the SEQRA, will not be required, and hence the object or purpose, together with the other provisions of the SEQRA, will not be required, and hence the object or purpose, together with the other provisions of the SEQRA, will not be required, and hence the object or purpose, together with the other provisions of the SEQRA, will not be requi...
Elks Lodge members present check to Beacon Fire Chief Gary Van Voorhis

The City of Beacon Fire Department has a small stuffed animal giveaway program for children at any emergency incident. These small stuffed animals can make a difference during a crisis or trauma for them or someone close to them. The Elks Lodge will be able to restock and package our stuffed animals for many years. City of Beacon firefighters thank the Beacon Elks Lodge for its support.

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. Image on a radar screen
2. Legal wrongdoings
3. Roy’s partner
4. Rome’s currency of old
5. Boost
6. Ending for what or who
7. Reason to bathe
8. Colorado resort
9. Viet ___: foe of the USA in a war
10. Get in touch with
11. Ontario’s capital
12. Bill denomination
13. ___ as a boil
14. ___ and Cher
15. Squeezee’s product
16. Aquatic mammals
18. Scrooge’s word
19. Small one
20. Untrustworthy person
21. Level of importance
22. Woman’s name
23. Short mission
24. Curved edge
25. Student’s concern
26. Most undersized
27. Peggy or Pinky
28. Sharpen
29. New Testament king
30. Vehicle
31. Brightest star in Scorpio
32. Family members
33. Innocent
34. Roman emperor and namesakes
35. Of planes: pref.
36. U. S. Indian
37. Lacking smoothness
38. Sightseeing trip
39. Dispatch
40. Actor Rob
41. Dagger

DOWN
1. Political alliance
2. Italian resort
3. Common metal
4. Dolly’s family
5. Small amount
6. Heating chamber
7. Tear
8. African fly
9. Hombre’s title
10. Translated
11. English county
12. Fast period
13. Consequently
14. Word with body or thing
15. Lacquer ingredient
16. Stuck
17. Scatter
18. Very busy airport
19. ___ Dame
20. ___ Coh and ___ express delight
21. Concur
22. Smallest amount
23. Printer’s directions
24. A-E connection
25. Baby carrier, often
26. Walk into
27. Misstate the truth
28. Feeling guilt
29. Warnings of danger
30. High scorers, in golf
31. Simple card game
32. French girl’s name
33. Instances
34. Biblical prophet
35. Man’s nickname
36. Noun suffix
37. Sit for an artist
38. Inert gas
39. Verifiable
40. Tender to the touch
41. Go bad

• 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.

The solutions to the Sudoku, Crossword puzzle and Binox can be found on page 3.

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Schaal brings two decades of experience to top job at VA Hudson Valley Health Care

By Kristine Coulter

With more than 20 years of experience, Dawn Schaal has been named the director of the VA Hudson Valley Health Care System, which is the Castle Point and Montrose campuses, by the Department of Veterans Affairs.

“The knowledge I gained on my journey allows me to make decisions based on personal experience and an understanding of the organization’s interworking. I know what it’s like to provide direct care to our Veterans and the most direct path to getting them the high-quality care they deserve,” Schaal remarked.

Schaal was graduated from Tufts University’s Boston School of Occupational Therapy with a Master of Science in Occupational Therapy and the State University of New York at Binghamton with a Bachelor of Arts in Psychology. She is a member of the American College of Healthcare Executives.

“The amount of Veteran-centered services VA offers is unparalleled. We are committed to providing the highest quality of care to our veterans. If we don’t provide the services here at VA Hudson Valley, we’ll find someone who can at another VA or in the community. If you’ve served in the military and haven’t registered with the VA, please contact our Outreach Coordinator, Nicole Embry, at 845-831-2000 ext. 7721 to determine your eligibility,” said the new director.

Recently named VA Hudson Valley Health Care System Medical Center Director

Dawn Schaal is shown with a group of veterans. Schaal was interim director since October 2019. The photo was taken before social distancing was in effect.

Responding to being asked about working with veterans, Schaal said, “Working with veterans has been the honor of my life. As an American, I’ve been fortunate enough to reap the benefits paid for by the men and women who served in our nation’s military. Although I’ll never be able to repay them for the sacrifices they’ve made, it feels incredible to come back to those who gave so much for me and to their country.”

Schaal added, “My father served in the Army and gets his healthcare here at VA Hudson Valley. Under my leadership, our veterans can be confident that I will treat every decision I make as if it was making it for my own dad. Every veteran who enters one of our facilities should be treated like the hero they are and I will accept nothing less.”

VA Hudson Valley Health Care System has been serving veterans within the greater Hudson Valley since the 1930s.

BCSD and HPL budgets pass

Compiled by Kristine Coulter

The Beacon City School District has announced the unofficial results of the 2020-21 budget vote and trustee vote. Voting did not take place in person this year, as a result of safety precautions being taken due to the coronavirus pandemic.

The BCSD budget passed with 2,573 ‘Yes’ votes and 623 ‘No’ votes. “I would like to wholeheartedly thank the community members of the Beacon City School District for passing the proposed budget for the library. The fact that the community saw the value in investing in the library speaks volumes about how wonderful this community really is,” stated HPL Director Kristen Saltiero.

The three trustees who were voted in are: Joseph Ansaldi with 2,383 votes and Thomas J. Farrand with 2,283 votes and Herbert D’Argenio with 2,260 votes.

When asked about work in the future. We look forward to seeing you all in person soon,” stated Saltiero.

The three incumbent trustees were: Jessica Conway with 2,360, Darlene Resling with 2,383 votes and Thomas Twohig received 2,338 votes. Karen Twohig had 2,319 votes and Sean Twohig received 2,274 votes.

“The Board of Trustees, myself, and my staff are eager to advance plans to bring new technology equipment and technology services to our patrons. We are proud to be able to respond to community needs in a way that re-imagines library services for the reality of our future. We look forward to seeing you all in person soon,” stated Saltiero.

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