

## BRIEFS

### Therapist completes course on mastectomy massage

**NEW WINDSOR** — Licensed massage therapist Glenda Chipperfield recently completed a workshop in mastectomy massage, under the instruction of registered nurse Cheryl Chapman, licensed massage therapist and certified nurse practitioner.

Chipperfield, who specializes in medical and sports massage, has added cancer massage to her practice, which is at 815 Blooming Grove Turnpike, New Windsor.

“For the person with breast cancer, a gentle touch can provide relief from pain and stress, boost the immune

system and provide overall relaxation and improve quality of life,” said Chipperfield. “For supportive family members and caregivers, it can provide the same; in addition, some more localized work can break down scar tissue that limits range of motion. Massage can also provide pain relief from very tight muscles due to strain and stress.”

Chipperfield, a breast-cancer survivor and parent of a child treated for a brain tumor, has been practicing massage for 14 years. Chipperfield was an instructor in the massage program at Orange County Community College for seven years.

For more information, call 541-3538.

### Dr. Carpenter, staffer help those without dental care

**DANBURY, Conn.** — New Windsor dentist Dr. John Carpenter and dental assistant Patricia Silinski recently volunteered

with the Connecticut Mission of Mercy dental clinic.

The free dental clinic was held March 23-24 at Western Connecticut State University in Danbury. CTMOM is a full-service, multichair clinic providing free dental care to underserved and underinsured people of all ages.

Carpenter and Silinski were assigned to work in the oral surgery area. “Everything ran smoothly; it was a well-organized event,” Carpenter said. Silinski added, “Helping those less fortunate was so gratifying; the patients we treated couldn’t thank us enough.”

Carpenter and Silinski joined several hundred dental professionals who provided care to 2,000 patients.

Carpenter’s office is in New Windsor, where he has practiced for 28 years. Silinski has been Carpenter’s dental assistant for 20 years.

Carpenter can be reached at 561-2330 or [drcarpenter@hvc.rr.com](mailto:drcarpenter@hvc.rr.com).



Photo provided

**Among the several hundred dental professionals providing free care to underserved and underinsured people through the Connecticut Mission of Mercy dental clinic were New Windsor dentist Dr. John Carpenter and dental assistant Patricia Silinski, right.**