

# In the Know with...



Hudson Regional  
LONG-TERM CARE PHARMACY

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## Embracing Summer Wellness



**PLUS**

- *Welcome East End Disability Associates!*
- *How to Prepare for New York's Intense Allergy Season*

# Welcome East End Disability Associates!



*Creating Opportunities for Happy Lives*

We are excited to announce that East End Disability Associates (EEDA), a dedicated nonprofit organization providing support and services for individuals with intellectual and developmental disabilities, has chosen Hudson Regional LTC Pharmacy as their trusted pharmacy services provider. We are honored to have the opportunity to serve such a respected organization and to play a role in supporting the essential work they do.

We invite our community to join us in welcoming EEDA to the HRLTCP family. This collaboration reflects our ongoing commitment to enhancing healthcare and supporting organizations that make a significant impact on the lives of others. We are proud to be associated with such a vital service and look forward to a great relationship.

As we embark on this exciting new chapter, we continue to stay committed to delivering the highest quality of care and pharmacy services, ensuring that we not only meet but exceed the expectations of the communities we serve. Together, we will continue to uphold our commitment to enhancing healthcare, supporting vital organizations, and making a significant difference in the lives of those we serve.

Thank you for your continued trust in Hudson Regional LTC Pharmacy. Your support enables us to expand our services and support to organizations like EEDA, furthering our mission to provide exceptional care and support to all of the agencies we represent.



## A Letter From Our CEO

New York State's recent budget decisions have left many agency workers feeling unsupported, with a 2.84% cost-of-living adjustment (COLA) that falls short of our desired 3.2%. This modest increase does little to address the persistent issue of underpayment.

A recent study shows that many dedicated workers are taking on second jobs because they cannot afford to live on their current salaries alone but don't want to leave a job they love dearly. It's clear that more substantial measures are needed to support those who dedicate their lives to serving others.

Our fight continues, and we need to come back stronger next year with new messaging and strategies to achieve the budget goals that all Direct Care Staff deserve. We must continue to advocate for fair compensation to ensure our valued colleagues can thrive in their roles.

Together, we can make a difference and secure the support of all agency workers.



***Yours in Health,  
Angelo Angerame***

**CEO, Hudson Regional  
Long Term Care  
Pharmacy**

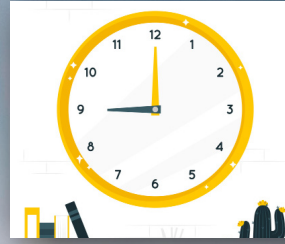
# Beat the Heat

## with Essential Hydration Tips



As summer heat intensifies, staying hydrated becomes crucial for everyone. Hydration is essential for maintaining health, preventing heat-related illnesses, and ensuring overall well-being. With rising global temperatures, highlighted by the new global warming scale, it's more important than ever to prioritize hydration.

Staying hydrated can sometimes be challenging due to sensory sensitivities, medication side effects, or difficulties in recognizing thirst. Therefore, it's crucial to implement strategies to ensure proper hydration. Here are some practical tips to help you and your loved ones stay hydrated, healthy, and comfortable.



### Set Hydration Reminders

- Use alarms or smartphone apps to remind you to drink water at regular intervals.
- Caregivers can schedule water breaks throughout the day.

### Make Water Easily Accessible

- Ensure that water is always within reach, no matter where you are.
- Use spill-proof bottles that are easy to hold and drink from.



### Infuse Water with Flavor

- Add slices of fruit like lemon, lime, or berries to make water more appealing.
- Experiment with different flavors to find what works best for the individual.

### Monitor Urine Color

- Check the color of your urine. Pale yellow indicates good hydration, while dark yellow or amber suggests the need for more fluids.

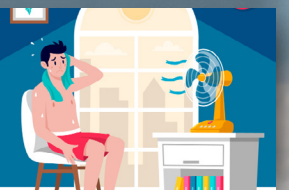


### Avoid Caffeine and Sugary Drinks

- Limit the intake of caffeinated and sugary beverages as they can lead to dehydration.
- Opt for water, herbal teas, or diluted fruit juices instead.

### Stay Cool

- Wear light, breathable clothing to reduce sweating and fluid loss.
- Use fans or air conditioning during peak heat hours to stay cool.



### Encourage Small, Frequent Sips

- For those who might find it difficult to drink large amounts at once, encourage taking small sips frequently.
- Use fun, colorful straws to make drinking more enjoyable.

By incorporating these hydration tips into your daily routine, you can better manage the impacts of rising temperatures and maintain overall well-being. Remember, staying hydrated is not just about drinking water; it's about creating habits and environments that support your health. Let's work together to prioritize hydration and stay prepared for the warmer days ahead.

# Exciting New Integration with THERAP eMAR

**COMING  
SOON**



We are thrilled to announce that by June 1st, we will have a new interface in place to populate the THERAP Electronic Medication Administration Record (eMAR). This integration will streamline the process of managing medication administration records, making it easier and more efficient for our clients.

THERAP Services is known for its comprehensive and user-friendly electronic record-keeping solutions for the ID/DD community, and our new interface will enhance these capabilities. Our goal is to provide seamless and reliable support to ensure that all your electronic record-keeping needs are met.

We understand that different organizations may use various electronic record systems. That's why we are more than happy to interface with any electronic record company you need us to. Our team is dedicated to making your workflow as smooth as possible, and we are committed to providing the flexibility you require to manage your records effectively.

Stay tuned for more updates, and feel free to reach out to us with any questions or specific integration needs. We look forward to continuing to support you with the best tools and services available.

**We'd be delighted to Demo  
Our Easy-to-Use Portal.**

**We'll also provide tips on streamlining  
your medication management process  
to enhance patient outcomes.**

*Online Portal*  
for patients & caregivers



**No matter if you're working with another pharmacy or ours...  
we're here to offer help and support.**

**Contact Us: 845.341.2714**

*All consultations and meetings are strictly confidential.*

[www.hrltcp.org](http://www.hrltcp.org)

## How to Prepare for New York's Intense Allergy Season



New York is bracing for an intense allergy season this year, attributed to the mild winter and recent heavy rainfall. These weather conditions are expected to create a perfect storm for allergens, leading to a particularly brutal season. Pollen levels are predicted to be higher than usual, causing discomfort for many residents.

Experts warn that early treatment of allergies is crucial. Neglecting symptoms can lead to more severe conditions, such as sinus infections. It's important to stay vigilant and address symptoms promptly to prevent them from escalating. Common symptoms to watch out for include sneezing, itchy eyes, and a runny or congested nose.

For individuals with respiratory issues like asthma or COPD, this allergy season poses additional risks. Those with compromised respiratory systems should take extra precautions to manage their allergies and avoid complications. Increased pollen levels can exacerbate symptoms and trigger asthma attacks or worsen COPD conditions.

### Tips for Managing Allergies

- 1. Monitor Pollen Counts:**  
Stay informed about daily pollen levels to plan your outdoor activities accordingly.
- 2. Keep Indoor Air Clean:**  
Use air purifiers and keep windows closed during high pollen days.
- 3. Consult a Healthcare Professional:**  
Seek advice on appropriate medications and treatments to manage your symptoms effectively with ease.
- 4. Maintain Good Hygiene:**  
Regularly wash your hands and face, and change clothes after spending time outdoors to remove pollen.

By staying proactive and managing symptoms early, you can navigate this challenging allergy season with comfort & confidence. Remember, taking small steps to manage your environment and health can make a big difference in how you feel during peak allergy times.

**Expect More. Worry Less.**

# Switching Long Term Care Pharmacies Can Seem Daunting.

We understand that if your facility is at a place to make the move things aren't going the way they should be. Our team members are experts at prescription transferring, facility/pharmacy transitioning, training, and ensuring your pharmacy needs are met with excellence and consistency.

***These are improvements your facility will notice when making the switch to Hudson Regional LTC Pharmacy.***

## **There is no delay.**

Your residents will receive their prescriptions when needed and on time.

## **A friendly voice.**

We listen to your problems and do our best to solve them immediately.

## **LTC nurses can focus on patient care, not pharmacy issues.**

We want your medical staff to do what they do best, care for patients. Your nursing administration staff shouldn't have to worry about pharmacy problems or worry if prescriptions will be delivered.

## **Positive pharmacy experience.**

Our team is here to serve your facility, your staff, and your residents. It's hard to put a value on excellent care until you don't have it.

## **Staff time is spent with residents.**

We don't want your staff stuck on the phone trying to figure out where Medication Administration Records are, or when you will receive them. You can count on MARs to show up the same day every month with Hudson Regional LTC Pharmacy.

## **Training Provided**

We know the process of reordering medications can be burdensome. That's why we supply all of our new facility partners with an ample amount of training on our web portal to fit your needs. Here's what you can expect during the training process:

- Connecting our nurse consultants with your agency's nurses and staff on a Zoom call to introduce one another and the web portal.
- Weekly, monthly, or as-needed trainings.
- A training manual with detailed step-by-step directions of the web portal.
- Access to our nurse consultants and team to troubleshoot any questions.

**With Hudson Regional LTC Pharmacy's Web Portal, reordering medications can be done in only 15 minutes each week!**

**Call Us Today to Discover the Difference in Your Pharmacy Care.**

▶ **(845) 341-2714**



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