

# In the Know with...



Hudson Regional  
LONG-TERM CARE PHARMACY

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## Health and Happiness Under the Sun



**PLUS**

- *Welcome In Flight!*
- *Tips for A Smooth Summer Trip for Residents & Their Families*

# We Had a Great Day at the Abbott House Golf Fundraiser!



Left to Right: Angelo Angerame, Ayanna Belmar, Tulip Osorio, Danny Frank

We were so honored to be a part of the 2024 Dave Wade Memorial Golf Outing, which supports the children, families, and individuals with developmental disabilities served by Abbott House.

Meeting Ayanna and Tulip was a true pleasure. Their enthusiasm and dedication to the children at Abbott House were truly inspiring. It was a joy to get to know them and witness their unwavering commitment to making a difference.

Abbott House is an extraordinary place, dedicated to providing lasting support for those with complex needs. The golf outing was a testament to the vital work they do and the strong, supportive community they cultivate.



## A Letter From Our CEO

With the sunny days upon us, I wanted to share a quick reminder about something really important—sunscreen. As we all spend more time outdoors, it's crucial to ensure ourselves and everyone we care for is protected from the sun's harmful rays.

Sunscreen isn't just for the beach; it's essential for every outdoor activity, from picnics and walks to just hanging out in the backyard. A quick application can prevent painful sunburns and reduce the risk of long-term skin damage, including skin cancer. It's one of those small steps that can make a big difference.

Remember to choose a broad-spectrum sunscreen with at least SPF 30, and reapply it every couple of hours, especially if you're swimming or sweating. Let's keep our loved ones safe and make sure we can all enjoy the sun responsibly and without worry.

We're here for you and we'll keep communicating, innovating, and making sure your needs are met every step of the way.



***Yours in Health,***  
**Angelo Angerame**  
CEO, Hudson Regional  
Long Term Care  
Pharmacy

# Tips for a Smooth Summer Trip for Residents & Their Families

Summer is a time for sun, fun, and making memories with loved ones. For individuals with intellectual and developmental disabilities (ID/DD), planning a summer vacation or visiting family can be both exciting and challenging. Here are some top summer vacation spots along with best practices to ensure a safe and enjoyable experience for everyone.

## Top Summer Vacation Spots



### National Parks:

National parks offer a blend of natural beauty and accessible facilities. Many parks have wheelchair-accessible trails and visitor centers. Parks like Yellowstone, Yosemite, and the Grand Canyon provide breathtaking views and a chance to connect with nature.

### Beach Destinations:

Beaches with accessible facilities, such as ramps and beach wheelchairs, are perfect for a relaxing vacation. Myrtle Beach in South Carolina and San Diego in California are known for their accessible beach options.



### Theme Parks:

Theme parks like Disneyland and Disney World are well-equipped to accommodate visitors with ID/DD. These parks offer special assistance passes, sensory-friendly attractions, and trained staff to ensure a magical experience.

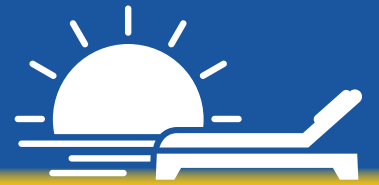
### City Adventures:

Some cities are particularly inclusive and offer a variety of accessible attractions. Cities like Washington D.C., with its numerous museums and monuments, and Chicago, with its accessible public transportation and cultural landmarks, are great choices.



### Local Attractions:

Sometimes the best vacation spots are close to home. Local zoos, aquariums, and botanical gardens often have accessibility features and can provide a fun and educational day trip.



## Vacation Preparation Best Practices

### Plan Ahead:

Preparation is key to a successful trip. Research your destination thoroughly to ensure it meets accessibility needs. Confirm details such as accessible accommodations, transportation options, and healthcare facilities.

### Pack Thoughtfully:

Bring essential items such as medications, medical equipment, and comfort items. It's also wise to pack sensory tools if your family member uses them, like noise-canceling headphones or fidget toys.

### Establish a Routine:

Maintaining a routine can help reduce anxiety. Try to keep meal times, sleep schedules, and daily activities consistent with the usual routine.

### Communicate Needs:

Ensure that family members are aware of specific needs and preferences. This might include dietary restrictions, communication methods, or behavioral strategies.

### Create a Safe Space:

Designate a quiet area at your destination where your family member can retreat if they need a break. This space should be comfortable and free from overwhelming stimuli.

### Engage in Inclusive Activities:

Choose activities that everyone can enjoy together. Simple activities like board games, storytelling, or cooking can be immensely rewarding.

### Health Information:

Carry a list of medications, dosages, and any allergies or medical conditions. This can be crucial in case of a medical emergency. It's also a good idea to have your doctor's contact information readily available.

Summer vacations and family visits are wonderful opportunities for the ID/DD community to create lasting memories. By choosing inclusive destinations and following best practices, these experiences can be enjoyable and stress-free. Remember, the most important part of any trip is the time spent together, building connections and enjoying each other's company.

# Welcome In Flight!



We are thrilled to announce that In Flight, Inc., a nonprofit organization dedicated to providing comprehensive services for individuals with intellectual and developmental disabilities, has partnered with Hudson Regional LTC Pharmacy as their trusted pharmacy services provider. We are honored to support such an impactful organization and to contribute to the essential work they perform.

Please join us in welcoming In Flight, Inc. to the HRLTCP family. This partnership underscores our commitment to enhancing healthcare and supporting organizations that significantly improve the lives of others. We are proud to collaborate with such a vital service and look forward to a fruitful relationship.

As we embark on this new journey, we remain steadfast in our dedication to delivering the highest quality of care and pharmacy services, striving to exceed the expectations of the communities we serve. Together with In Flight, Inc., we will continue to advance our shared mission of making a positive difference in the lives of those we serve.

Thank you for your ongoing trust in Hudson Regional LTC Pharmacy. Your support allows us to expand our reach and support to organizations like In Flight, Inc., furthering our mission to provide exceptional care and support to all the agencies we serve.

# Summer Hay Fever Relief



Summer should be a time for joy and outdoor adventures, not sneezing and itchy eyes. Hay fever, often triggered by grass and weed pollen, can put a damper on your fun. Stay ahead of it and enjoy your summer to the fullest with these tips.

## **KNOW YOUR ENEMY**

Understanding your specific allergens is the first step. A visit to an allergist can pinpoint what's causing your symptoms. Use weather apps to monitor daily pollen counts, and schedule your outdoor activities when levels are lower, like after rain or in the late afternoon.

## **EARLY DETECTION AND ACTION**

Be vigilant for early signs like sneezing and itchy eyes. Acting quickly can prevent symptoms from worsening. Keep a supply of antihistamines, nasal sprays, and eye drops ready. Allergy-proof your home with HEPA filters and regular cleaning to minimize indoor allergens.

## **PROACTIVE PROTECTION**

After spending time outdoors, shower and change clothes to wash away pollen. Equip yourself with sunglasses and a hat to protect your eyes and hair. Staying hydrated and maintaining a diet rich in fruits, vegetables, and omega-3 fatty acids can bolster your immune system.

## **CONSIDER IMMUNOTHERAPY**

For persistent or severe hay fever, immunotherapy might be the solution. Discuss with your doctor about allergy shots or sublingual tablets to build up your tolerance to allergens over time.

## **QUICK TREATMENT IS KEY**

At the first hint of symptoms, start your medications to prevent complications. Consistent use of nasal corticosteroids, antihistamines, and decongestants can keep your symptoms in check.

By staying informed, prepared, and proactive, you can turn hay fever into a minor inconvenience rather than a summer spoiler. Embrace these strategies and reclaim your summer fun. For persistent issues, consult your healthcare provider for tailored advice.

# 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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LONG-TERM CARE PHARMACY

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