

In the Know with...



Hudson Regional
LONG-TERM CARE PHARMACY

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Tis the Season for Wellness and Celebration



PLUS

*The Ugly Sweater Champions Retain Their Crown!
& Winter Wellness, Beyond the Basics*

The Ugly Sweater Champions Retain Their Crown!



Talk about a dynasty in the making! The incredible Woodbourne House has dazzled us again, claiming their spot as our Ugly Sweater Champions for another year! Their amazing combination of creativity, holiday spirit, and pure fun shows us all what festive fashion is all about.

Special shoutouts to the entire Woodbourne family, including little Harley who's already rocking the holiday style, their wonderful

four-legged buddy Benny B. showing off his festive flair, and let's not forget their feathered fashionistas - Cleopetra and Chickie Minaj!

The Woodbourne team has set the bar high for holiday cheer and unforgettable moments. Congratulations to our champions - you've made this holiday season sparkle!

We can't wait to see who will join the competition next year!



www.hrlltcp.org



A Letter From Our CEO

Looking back at 2024, I'm filled with gratitude for all of you who have been part of our journey at Hudson Regional LTC Pharmacy. While the world continues to evolve around us, one thing remains constant – the incredible spirit of our healthcare community.

This year, we proudly filled over 332,000 prescriptions, each representing a step toward better health and well-being for the individuals and communities we serve. This achievement reflects the trust you've placed in us and the commitment of our team to support your vital work.

As we welcome 2025, we remain committed to providing you with the reliable service and support you've come to expect from us. We value the trust you've placed in us and look forward to continuing our work together.

With the holiday season upon us, I want to take a moment to wish you and your loved ones a very Merry Christmas. May this festive time bring you joy, rest, and cherished moments with family and friends.

Thank you for being part of our story. Here's to another year of working together!

As always, 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**

Winter Wellness, Beyond the Basics

As winter settles in, most of us know to bundle up and watch for ice on sidewalks. However, there are several important aspects of winter wellness that often go overlooked. Understanding these key elements of cold-weather health can help you stay comfortable and safe throughout the season.

While everyone knows to wear warm clothes, proper layering is a science. Start with a moisture-wicking base layer made of materials like merino wool or synthetic fabrics – avoid cotton, which retains moisture and can actually make you colder. Add an insulating middle layer of fleece or wool, and finish with a waterproof, breathable outer layer. Don't forget your extremities: up to 30% of body heat can be lost through an uncovered head.

Many people don't realize that dehydration is just as common in winter as in summer. Cold weather can suppress your thirst mechanism, making you less likely to drink water. Additionally, winter air is typically drier, and your body works harder to humidify the cold air you breathe.

Signs of winter dehydration include:

- Dry, chapped lips and skin
- Darker urine or decreased urination
- Fatigue and dizziness
- Increased thirst and dry mouth

Make a conscious effort to drink water throughout the day, even when you don't feel thirsty. Warm beverages like herbal tea can help you stay both hydrated and warm. Staying hydrated is just one piece of

the puzzle for winter wellness. There are additional, lesser-known health factors that can play a key role in keeping you healthy and comfortable throughout the colder months.

Mind Your Indoor Air Quality

Spending more time indoors with sealed windows can lead to poor air quality. Consider using a humidifier to maintain optimal humidity levels (30-50%) and regularly clean or replace furnace filters. House plants can help naturally purify indoor air.

Protect Your Eyes

Snow reflection can be as damaging to your eyes as summer sun. Wear UV-protective sunglasses during winter outdoor activities, especially when snow is on the ground. The reflection from snow can cause photokeratitis, essentially a sunburn of the eyes.

Time Your Outdoor Exercise

The warmest part of the day is typically between 10 AM and 3 PM. Plan outdoor activities during these hours when possible. However, be aware that the sun sets earlier, so ensure you're visible if exercising near dusk by wearing reflective gear.

Watch Your Vitamin D

With less sunlight exposure, vitamin D deficiency becomes more common in winter. Consider talking to your healthcare provider about whether supplementation might be beneficial for you, especially if you spend limited time outdoors.



While most winter-related health issues can be prevented with proper precautions, know when to seek help. Contact a healthcare provider if you experience:

- Severe shivering that doesn't stop
- Extreme fatigue or drowsiness
- Slow, shallow breathing
- Confusion or memory loss
- Severe dry skin or frostbite symptoms

Remember, prevention is always better than cure. By following these lesser-known winter wellness tips, you can enjoy the season while staying healthy and comfortable.

Hudson Regional LTC Pharmacy is here to help with winter wellness supplies and advice. Please reach out to us to discuss vitamin D supplementation, proper humidifier use, or any other winter health concerns.

Expect More. Worry Less.

Your Trusted Partner in Secure and Efficient Pharmacy Services

At Hudson Regional LTC Pharmacy, we understand the importance of security and efficiency, especially when it comes to managing your healthcare needs from home. Our advanced technology ensures that you receive the best service possible, with the highest standards of security and compliance.

Reliable and Fast Network with UniFi Enterprise-Class Hardware

We use UniFi Enterprise-class hardware to keep our network running smoothly and reliably. This means you can count on us for consistent, high-quality service, whether you're ordering medications or consulting with our pharmacists.

Secure Access with Microsoft Active Directory and Azure Security

Your data's safety is our top priority. We use Microsoft Active Directory combined with Azure-based security to protect your information. This setup includes advanced security features like multi-factor authentication, ensuring that only authorized personnel can access your sensitive data.

Safe Remote Access for Our Team

Our team can securely access our systems from anywhere, thanks to our encrypted remote desktop setup. This means our staff can assist you efficiently, no matter where they are, without compromising the security of your information.

Commitment to Compliance

We adhere to a wide range of regulatory standards to ensure your data is handled with the utmost care. Our compliance includes:

- **HIPAA**
(Health Insurance Portability and Accountability Act)
- **FINRA**
(Financial Industry Regulatory Authority)

- **SEC**
(Securities and Exchange Commission)
- **SOX**
(Sarbanes-Oxley Act)
- **GLBA**
(Gramm-Leach-Bliley Act)
- **SOC 1 Type 2 and SOC 2 Type 2**
(Service Organization Control)
- **PCI DSS**
(Payment Card Industry Data Security Standard)
- **GDPR**
(General Data Protection Regulation)

These standards guarantee that our communications and data handling practices are secure and trustworthy.

Meet Our IT Manager: Leamm Bardell

Our IT Manager, Leamm Bardell, plays a crucial role in maintaining our high standards of security and efficiency. With extensive experience in managing complex IT infrastructures, Leamm ensures that our systems are always up-to-date and secure, providing you with the best possible service.



Why Choose Hudson Regional LTC Pharmacy?

By choosing Hudson Regional LTC Pharmacy, you're partnering with a company that prioritizes your security and convenience. Our cutting-edge technology ensures that you receive top-notch service while keeping your data safe and secure.

Stay connected with us to learn more about how we are setting new standards in industry with our advanced technology solutions.

For more information, please contact our IT department or visit our website.

The Vital Role of Vaccines in Protecting Health

Vaccines are one of the most effective ways to safeguard individuals and communities, particularly those at higher risk of complications, such as individuals with intellectual and developmental disabilities (ID/DD). For this vulnerable population, staying current on immunizations helps prevent the spread of preventable illnesses, including flu, pneumonia, RSV, and COVID-19, which can lead to severe health challenges.

COVID-19 continues to pose risks, especially with the emergence of new

variants, making updated boosters an essential part of maintaining immunity. These boosters not only reduce the severity of illness but also lower the likelihood of hospitalization—a vital consideration for individuals in group homes or shared living environments. Similarly, flu shots remain critical, as seasonal influenza can lead to complications in those with weakened immune systems or chronic conditions. The addition of the recently approved RSV vaccine and pneumonia vaccines further strengthens our ability to protect against respiratory illnesses that can be particularly dangerous during colder months.

Ensuring timely vaccinations is a simple yet impactful way to promote health and well-being. Keeping track of immunizations and discussing the latest recommendations with your healthcare provider ensures that you or your loved ones remain fully protected. Staying proactive with vaccines helps prevent the stress and complications of illness, ultimately allowing for a safer and healthier community.

At Hudson Regional LTC Pharmacy, we understand the importance of vaccines in preserving health and quality of life. Our team is here to support you with personalized guidance and convenient access to essential immunizations, including COVID-19 boosters and flu shots. Together, we can protect what matters most and ensure a healthier tomorrow.



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**



Hudson Regional
LONG-TERM CARE PHARMACY

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