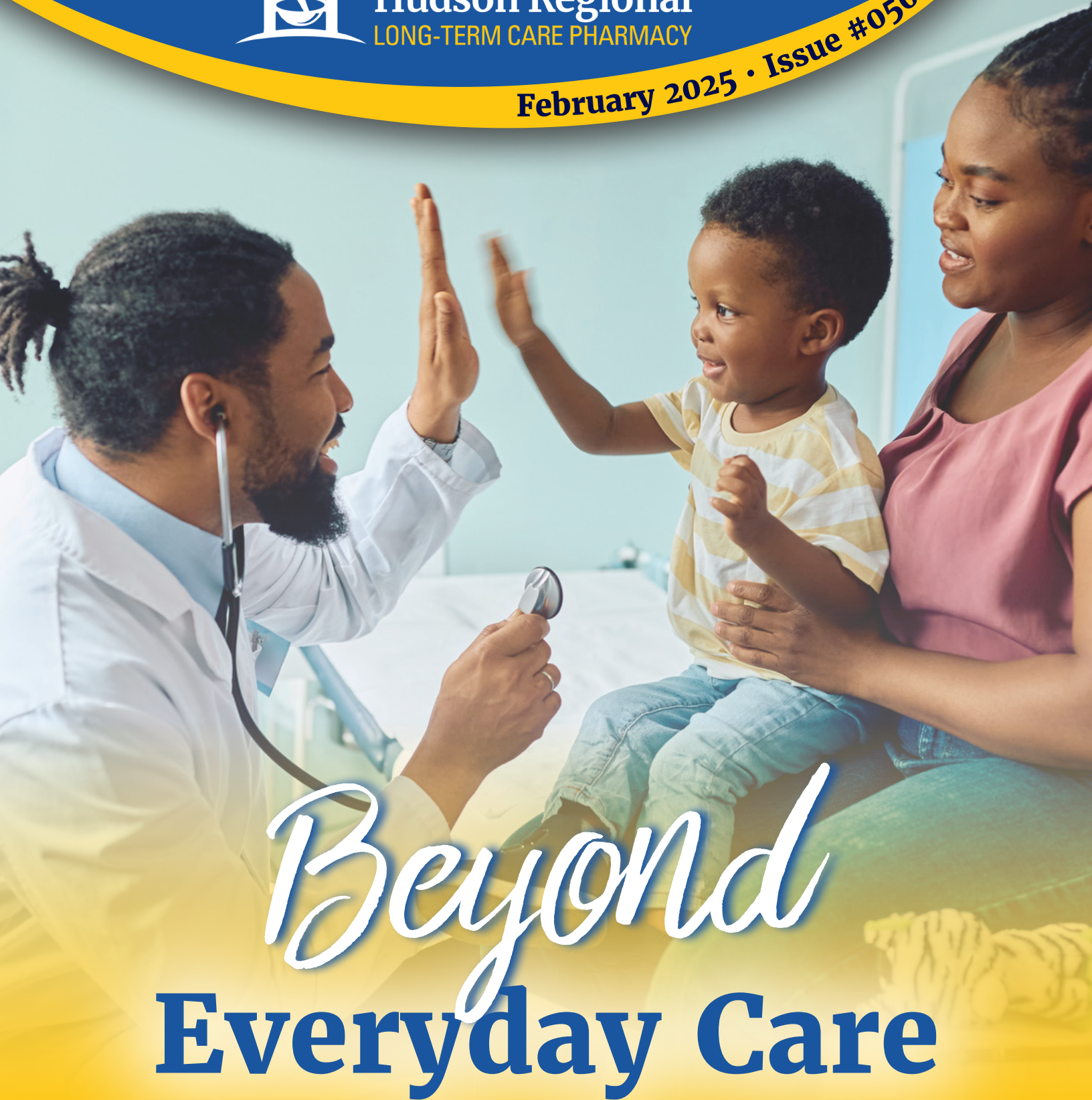


In the Know with...



Hudson Regional
LONG-TERM CARE PHARMACY

February 2025 • Issue #050

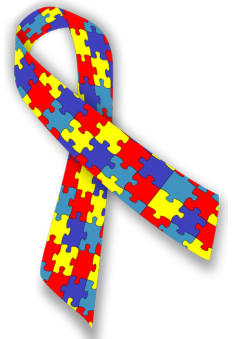


Beyond Everyday Care

PLUS

*Take the Leap for Autism & Make a Difference Today!
& A Well-Deserved Celebration for Our Ugly Sweater Champions!*

Take the Leap for Autism & Make a Difference Today!



On May 3rd, 2025, our CEO Angelo Angerame will be taking an extraordinary leap—literally—by skydiving in the 9th Annual LEAP for Autism event in support of Greystone Programs. This thrilling fundraiser isn't just about the adrenaline rush; it's about making a real impact in the lives of individuals with Autism and intellectual/developmental disabilities (ID/DD).

Angelo has always been passionate about supporting meaningful causes, and LEAP for Autism aligns perfectly with his commitment to giving back. This event raises critical funds for expressive arts programs—including art therapy, music, dance, yoga, equine therapy, and cooking classes—all of which help individuals with Autism and ID/DD express themselves, build confidence, and unlock their potential. These programs provide joy, growth, and connection, giving participants the tools they need to thrive. Angelo is jumping not just for the thrill, but to ensure more individuals have access to these transformative experiences.

He's not in this alone—you can be part of the impact! By donating, you're helping individuals and families gain access to programs that inspire, uplift, and empower. Every dollar makes a difference, and your generosity directly supports these life-changing opportunities. You can also help by spreading the word, encouraging friends, family, and colleagues to donate, or even attending the event at Skydive the Ranch in Gardiner, NY, where there will be family-friendly activities like live entertainment, virtual reality experiences, arts & crafts, and more.

Let's come together to make a difference and ensure that everyone has the opportunity to express themselves in ways that bring them joy. Scan the QR code below to donate now and be a part of something incredible! Together, we can take this leap for Autism and create a brighter future!



Scan To Learn More

www.hrltcp.org



A Letter From **The CEO**

As we move through February, many of us start feeling the effects of cabin fever. The holiday excitement has faded, the cold lingers, and the days—though slowly getting longer—can still feel short and repetitive. It's natural to feel the urge to break free from routine, get outside, and reconnect with the world beyond our walls.

It's important to prioritize movement, fresh air, and social connection, no matter the season. Studies show that even small changes—like stepping outside for a brisk walk, soaking in some sunlight, or engaging in a new activity—can improve mood, energy levels, and overall well-being. It's not just about physical health; it's about keeping our minds refreshed and spirits high.

We encourage you to find ways to shake off the winter blues. Whether it's bundling up for a morning stroll, trying a new hobby, or simply opening a window to let in some fresh air, every little

effort makes a difference. Staying active and engaged now will help you step into spring feeling stronger and more revitalized.

As always, our team is here to support you—helping you maintain your health, stay connected, and make the most of each season. Thank you for trusting us to be part of your journey.

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

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



A Well-Deserved Celebration for Our Ugly Sweater Champions!



The champions have been rewarded! After claiming victory in December's Ugly Sweater Contest, the incredible Woodbourne House family was treated to a well-earned pizza party—and what a celebration it was!

Spending time at Woodbourne House was nothing short of heartwarming. The genuine affection between residents and staff was apparent in every moment, creating an atmosphere that felt more like a family gathering than just a party. Laughter, conversation, and delicious food filled the room, making it a night to remember.

The celebration brought together everyone—residents, staff, furry friends, and even a few little ones—creating a space filled with warmth, joy, and creativity. That same spirit of togetherness and fun is what made them stand out in the contest, and it's what continues to make their community so special.

From festive sweaters to endless slices of pizza and pasta, the Woodbourne House knows how to keep the celebration going. We can't wait to see what creative heights they reach in next year's contest, but for now, they've certainly earned every bite of this victory party! Congratulations again to our champions—you've truly made this season shine!





Congratulations
to our **Champions!**

Swinging for a Cause!



We're thrilled to share that Hudson Regional LTC Pharmacy is a proud sponsor of the 2025 Wallace Berkowitz Cup! This fantastic event takes place on Monday, May 12, 2025, at the beautiful West Hills Country Club in Middletown, NY. It's more than just a golf tournament—it's a day dedicated to fun, community, and raising funds for New Hope Community's life-changing programs.

Whether you're a seasoned golfer or just looking for a great way to give back, the Wallace Berkowitz Cup has something for everyone. Start the day with hot breakfast sandwiches, enjoy some friendly competition on the course (shotgun start at 10:15 AM!), and stick around for the Wrap Party. Trust us, you don't want to miss the open bar, hot food stations, and celebratory vibes to wrap up an amazing day.

What makes this event truly special is its impact. The money raised supports programs like Hope Farm, the Stables at McCoy Meadow, and Select Connects—initiatives that empower individuals with intellectual and developmental disabilities to grow, explore their passions, and live extraordinary lives.

This event also honors Wallace Berkowitz, a man whose dedication and leadership helped shape New Hope Community into the incredible organization it is today. He believed in creating opportunities for everyone to thrive, and this tournament continues his legacy.

If you're not a golfer, no problem! There are plenty of ways to join in, from sponsoring a part of the event to donating or simply attending the Wrap Party.

To get involved, reach out to Janae Myers at 845.241.2845 or jmyers@newhopecommunity.org.

We're proud to be part of this meaningful day and hope to see you there, making a difference and having some fun along the way!



Simple Steps to Stay Healthy This Winter

As we navigate through the peak of cold and flu season, maintaining good health becomes particularly important for our long-term care community. The most effective defense against respiratory illnesses continues to be proper hand hygiene. Remember to wash your hands frequently with warm water and soap, scrubbing for at least 20 seconds – about the time it takes to hum “Happy Birthday” twice. Pay special attention to areas between fingers and under nails, and when soap and water aren’t available, use an alcohol-based hand sanitizer with at least 60% alcohol content.

While clean hands are crucial, other hygiene practices play vital roles in preventing illness. Always cover coughs and sneezes with a tissue or your elbow, regularly clean frequently touched surfaces, and keep personal items like toothbrushes and drinks separate from others. If you use face masks, remember to change and launder them regularly.

Supporting your immune system is equally important in fighting off seasonal illnesses. Aim for 7-8 hours of sleep nightly, stay hydrated with water throughout the day, and maintain a balanced diet rich in fruits and vegetables. Managing stress through relaxation techniques and staying physically active as appropriate for your ability level can also boost your body’s natural defenses.

Living in a long-term care environment requires extra vigilance – stay in your room if you’re feeling unwell, inform staff promptly of any symptoms, and follow facility guidelines for visitors. While many cold symptoms can be managed at home, certain signs warrant medical attention. Contact your healthcare provider if you experience fever above 101.3°F that persists, difficulty breathing or shortness of breath, symptoms that worsen after initially improving, or severe sore throat or headache.

By following these guidelines and maintaining good hygiene practices, we can work together to keep our community healthy during cold and flu season. Remember, preventing illness is always easier than treating it. For more information about seasonal illness prevention or to discuss your specific health needs, please consult with your healthcare provider or speak with our pharmacy staff.

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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