

In the Know With



Hudson Regional
LONG-TERM CARE PHARMACY

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In This Issue: LIVING LONG ENOUGH TO LIVE A DREAM



PLUS • Staying Protected This Holiday Season



Protect Your Health This Holiday Season

As the weather outside gets colder and the days get shorter, it's important to remember to take extra care of ourselves and our loved ones. For those living with developmental disabilities in community group homes, this time of year can be incredibly challenging. So here are some tips on how to boost your immune system and stay healthy during the winter months.

1. Get a flu shot.

Getting a flu shot is essential to taking good care of your health. Not only can it prevent you from getting sick with influenza, but it can also provide broader protection against the virus in your community. The CDC states that getting an annual flu vaccine is the best way to stop the spread of influenza and protect yourself and your loved ones from harm. By getting a flu shot each year, you are protecting yourself and doing your part to keep others in your community safe.

2. Stay hydrated.

There is no doubt that drinking plenty of fluids is vital for maintaining good health. Hydration helps to support organ and cell functioning and fuels the brain. Proper hydration also aids digestion and absorption of food, as well as flushing out toxins from the body. When it comes to staying hydrated, there are several factors to keep in mind.

- Start by drinking plenty of water throughout the day – at least 8 glasses or 2 liters of water – and aim to avoid drinks high in sugar or caffeine like coffee, soda, and energy drinks.
- Opt for low-sugar beverages such as teas (hot or iced) and herbal teas, fresh juices, vegetable smoothies, dairy products like milk and yogurt, or whole fruits with a glass of water if you're feeling particularly adventurous.
- Staying hydrated doesn't have to be hard work – taking small steps to build healthy habits can make all the difference in keeping your body happy!

3. Get plenty of restful sleep.

When it comes to overall well-being, there's no better investment of your time and energy than getting enough quality sleep. A good night's rest refreshes your body, mind, and spirit, helping you to function at peak capacity during the daytime hours. If lack of sleep is a common issue, start by ensuring your bedroom is dark, quiet, and relaxed – all things needed for good sleep hygiene.

- Try to create a calming nighttime routine.
- Unplug from technology before bedtime.
- Use aromatherapy with essential oils like lavender or jasmine in a diffuser to help promote relaxation.



A Letter From Our CEO

Wishing You a Healthy and Happy Holiday Season

At Hudson Regional Long-Term Care Pharmacy, we are dedicated to providing quality care to our patients during the holiday season and throughout the year. We are confident that despite the challenges the people in the homes face and anyone who delivers healthcare to the developmentally disabled community, we will all rise to ensure everyone gets the best care.

While we all thought COVID-19 was entirely behind us, there is now a tripledemic with RSV, flu, and COVID-19 peaking simultaneously. You must be vigilant this holiday season in protecting your health, which means getting your flu vaccine if you haven't already. We are also hopeful that a universal flu vaccine will be available soon, as Moderna has been working to develop an mRNA flu vaccine. They may have the potential to help us navigate for flu and get closer to a one-and-done flu vaccine. So far, 6000 people have died this year from the flu, and the

season is not even at its peak. Get your flu shot if you haven't already.

Make sure you take some time to slow down this holiday season, spend time with your loved ones, and show your gratitude to your staff. I look forward to our annual holiday staff potluck and party on Thursday, December 22.

We wish you all a healthy and happy holiday season. Thank you for choosing Hudson Regional LTC Pharmacy as your premier choice for your long-term care pharmacy services and for your continued support. Don't hesitate to reach out if we can help.

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

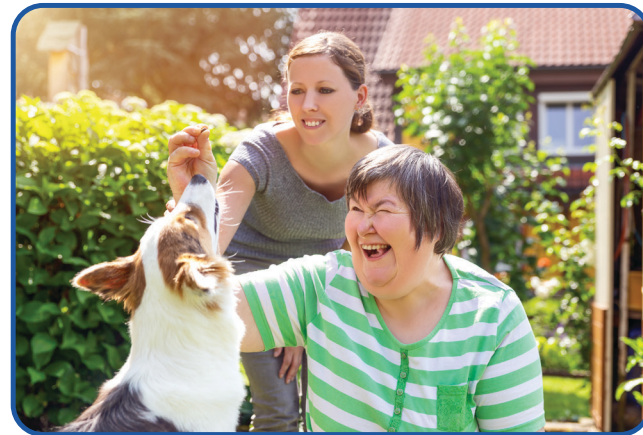
**CEO, Hudson Regional
Long Term Care Pharmacy**



Living Long Enough to Live A Dream

With the strides made, those living with intellectual and developmental disabilities are living longer. Between 2008 and 2017, the average age at death rose more for adults living with these disabilities (which include intellectual disabilities, Down Syndrome, and Cerebral Palsy) than for adults without ID/DD, according to the Population Revenue Bureau. Advances in medical technology improved healthcare access, and greater recognition of the need for supportive services all contribute to an increase in life expectancy among individuals with disabilities.

This traditionally underserved and underrepresented group is now surviving longer and needs more resources than ever. The ID/DD community is receiving more attention to their health, and more preventative measures are being taken than in previous decades. Those living in group homes receive regular evaluations by a doctor, which is a beneficial preventative measure.



As more people with disabilities live longer, it becomes increasingly important to have adequate resources to support them and allow them to live their dream.

With medical advances allowing people with disabilities to live longer lives comes an increased need for group housing and community-based services, transportation options, and increased federal and state pay for staff caregivers. These are all vital resources for helping these individuals achieve their full potential.



In the State of New York, individuals with disabilities are on wait lists for places to live in group homes. With the housing crisis over the last couple of years, it's been almost impossible for agencies to find affordable houses to renovate and transform into community group homes.

As more people live longer, having adequate support in place has become a moral imperative and a necessary step in creating real change toward a world where everyone can reach their fullest potential. It is our responsibility to pay attention to this vital issue and ensure that those living with disabilities have access to the resources they need, not just today but tomorrow as well.

The Need for Adequate Staffing and Funding for New York State Direct Support Professionals.

In New York State, the workers who provide critical day-to-day care for people with developmental disabilities are feeling the impacts of funding deficiencies for agency and community-based homes from the state. Low pay, along with the pandemic, has created a staffing crisis for those in disability care resulting in agencies across the state struggling to find enough staff to care for the people they serve. As a result, many agencies have been forced to reduce programs or even shut down.

We urge our state legislators to make wage increases for DSPs to adjust to the cost of living and to support and reimburse the agencies that offer community-based homes, living options, and community programs for those with disabilities. These investments will go a long way toward lifting up DSPs and ensuring that people with developmental disabilities receive the high-quality care they deserve ■



Because.....They Matter

PHILANTHROPY

Showcase Your Upcoming Philanthropy Event

At Hudson Regional Long-Term Care Pharmacy, we know the funding needs for taking care of the ID/DD community. The residents require a lot of resources over the long term, and people often don't want to give them resources.

In fact, did you know most Medicare dollars go towards taking care of people that need long-term care, be it a nursing home or group homes like our agency partners and their residents? That kind of care starts when people are children and goes into adulthood. Long-term Care requires funding, which is why we are happy to support our agency partners that work tirelessly to provide the best care for the developmentally disabled. These people are full of potential and want their lives to have meaning like the rest of us.

We want to see everyone we serve reach their fullest potential, and with your help and care, people living in group homes have that opportunity. We've set up this page to showcase the Philanthropy Events for the ID/DD Community in the NYC area. If you would like to showcase your event, please fill out the form below, and our support team will contact you!

Spotlight your next ID/DD philanthropy event in our next newsletter or website! Submit your information at:

www.hrltcp.org



Medications for the Holidays

You might have heard about drug shortages in the marketplace, but because of our diversity and number of suppliers, we can ensure our patients that we have the medications they need, and there is nothing for you to worry about!

As the holidays approach, we know that many of our residents will leave to spend time with their families. We want to ensure that everyone has the medications they need to stay healthy while away.

Hudson Regional Long-Term Care Pharmacy can help by providing travel kits with everything you need to stay on schedule. We can also work with your residents' families to ensure they have the supplies to administer the medications while away. Please let us know how we can help make this holiday season a success without interruption.

Call us with questions at 845-341-2700!

Merry Christmas from Hudson Regional LTC Pharmacy

From our HRLTCP family to yours, we hope you have a Merry Christmas and a Happy New Year! May this holiday season be filled with abundant health, happiness, and memories.

If you have any emergency pharmacy needs over the holidays, we are always available 24/7, rain, snow, or shine, and on the weekends. In addition, our pharmacy will be open for regular business hours on Monday, December 26, 2022, and Monday, January 2, 2023, to ensure that everyone is well taken care of.

Give Your Staff a Gift This Holiday Season and Make the Switch to Hudson Regional LTC Pharmacy!

People get used to inconveniences, things being a particular way, and don't even realize how good their pharmacy care could be. Once our team starts working with an agency and shows them everything they don't have to worry about, nurses and administrators are happier, and pharmacy care goes from a burden to a betterment!

- ➔ **We're more responsive to the needs of the patients!**
- ➔ **We provide better technology!**
- ➔ **We're more accessible!**



Let our team serve you with dependable pharmacy care in 2023!
Discover the Difference at 845-341-2700.

Switching is as easy as...

- 1 Have a Discovery Call with Us & Your Dir. of Nursing**
Call us at: **845-341-2700**
- 2 Allow Us to Schedule an On-Boarding Call with Our Transition Team**
- 3 Sit Back & Relax :)**

Because, It's the Right Thing to DO!



Hudson Regional

LONG-TERM CARE PHARMACY

Here's What **People** **Are Saying** About Our Pharmacy!

"One of the most **caring, attentive, and reliable pharmacies** I've ever worked for. A **welcoming and professional** environment where you're treated as family from day one. Highly recommended."
– Heather D.

"**Best customer service** ever!!"
– Trish S.

"Never worry. **Always a solution.**"
– Kevin L.

Rx Date _____
Patient **Dir of Nursing &**
Address **Exec. Director**

Prescription: **Hudson Regional
Long Term Care Pharmacy**

- Service That Means A Smile
- All Deliveries Before Resident Bedtimes
- We Take Care Of You, So You Can Take Care of Patients

*Because... It's the
Right Thing to Do*

Refil 0 1 2 3 4 5 Permission _____



Hudson Regional
LONG-TERM CARE PHARMACY

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