

In the Know with...



Hudson Regional
LONG-TERM CARE PHARMACY

December 2023 • Issue #036

Roadmap To A Seamless Year-End



PLUS

+ HRLTCP Ugly Sweater Contest Winners &
End of the Year Tips



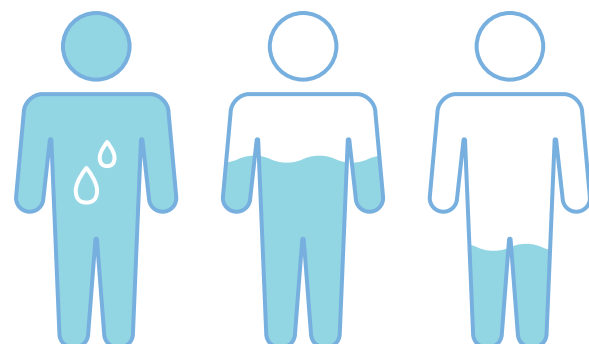
Did You Know?

Dehydration Strikes in Every Season

With winter creeping in, it's easy to overlook the need to stay hydrated. We often associate dehydration with scorching summers, but the reality is, it doesn't take a heatwave to leave us feeling parched. The combo of cold, dry air and bulky winter layers can quietly sap away our body's fluids, leaving us in need of a hydration rescue.

It's crucial to understand that our bodies are still losing fluids, even when it's cold. Breath, sweat, and bathroom breaks—they're all still happening, and they're taking a toll. Dehydration isn't just about feeling thirsty; it messes with our energy, messes with our skin, and messes with our overall well-being. Ignoring hydration in winter can turn the already chilly season into a fatigue-filled, dry-skin nightmare.

But no worries, we've got some easy hacks to dodge winter dehydration. Set a reminder to sip water, cozy up with teas, broths, or hot water with lemon for warmth and hydration, keep a reusable water bottle handy, and toss water-rich foods into your meals like soups, stews, fruits like watermelon, and vegetables like cucumber, these foods provide hydration while offering essential nutrients. Most importantly, listen to your body and don't ignore thirst cues.



A Letter From Our CEO

As we approach the year's end, I find myself reflecting on the strides we've made at Hudson Regional LTC Pharmacy. This year, we're on track to fill over 350,000 prescriptions for those under our care—a testament to our commitment to your well-being.

It's not just about the numbers; it's about the impact on each individual's life. We take pride in being an integral part of your care teams, especially for those who may feel overlooked by others. We're right there beside you, ensuring the best care possible.

Navigating the final stretch of the year, we've taken proactive steps to share the

responsibility and lighten your load, such as providing a list of Medicare Part D plans that are at risk of cancellation to our agencies for coverage reviews before year-end.

We hope you have an amazing holiday season, thank you for being a part of our HRLTCP community. 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**

The end of the year is often hectic, but don't worry because HRLTCP always has your back! We get it—upticks in illnesses, the holiday frenzy, and more can throw a curveball into care plans during this season. To guide you smoothly into 2024, we've compiled a list of some helpful tips to ensure we ring in the new year with confidence.

Help Navigate Medicare Part D with Confidence:

Ensure the seamless continuation of your residents' medication coverage by checking in on Medicare Part D Plans. If their plan is being discontinued, aid them and their families in taking the proactive step to enroll in a new, suitable plan.

Empower Families in Medication Management:

Educate families welcoming their loved ones home on effective medication administration. Providing them with the necessary information ensures a smooth transition and promotes the well-being of residents.

Ensure Families are Confident Using Medication Administration Records (MAR):

Equip families with the knowledge to navigate Medication Administration Records (MAR) efficiently. Understanding this crucial document enhances communication and collaboration between caregivers and families, contributing to the overall health and safety of residents.

Hydration is Key, Regardless of the Weather:

Emphasize the importance of staying hydrated, even in colder temperatures. Proper hydration is vital for overall health, and maintaining this habit ensures the well-being of both residents and caregivers.

Stay Current on Vaccinations:

Prioritize the health of not only your facility but your community as a whole by staying up to date on boosters and annual flu shots. This simple yet essential step helps protect residents from preventable illnesses and contributes to a healthier living environment.

Implement Mindful Medication Routines:

Foster a culture of mindfulness in medication routines. Encourage caregivers to create calm and focused environments during medication administration, promoting a positive and stress-free experience for residents.

Promote Open Communication:

Establish open lines of communication between caregivers, residents, and their families. Clear and transparent communication ensures that everyone involved is well-informed and can actively contribute to the well-being of each resident.

Review and Update Emergency Plans:

Ensure that emergency plans are up-to-date and well-communicated. With the year-end approaching, it's an opportune time to review safety procedures and make any necessary adjustments to enhance the overall preparedness of the community.

Encourage Self-Care Practices:

Remind caregivers and residents alike to prioritize self-care. As the year comes to a close, taking moments for personal relaxation and rejuvenation is crucial for mental and emotional well-being.

Reflect on and Celebrate Achievements:

Take the time to reflect on the accomplishments and milestones achieved throughout the year. Celebrate both big and small victories, acknowledging the collective effort that contributes to the success of the community.

As we usher in the approaching year, remember that HRLTCP is here to be your steady support through the whirlwind of year-end chaos. Our compiled tips serve as a roadmap, ensuring that you confidently step into 2024 with a sense of ease and preparedness. From navigating Medicare Part D to fostering mindful medication routines and promoting open communication, each piece of advice is a building block toward a healthier, happier community. So, as you reflect on the achievements and milestones of the past year, take a moment to celebrate the collective effort that has shaped the success of our community. Here's to a bright and promising new year ahead!

**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.

Congrats to our Ugly Sweater Superstars

Drumroll, please!

Our Ugly Sweater Contest was so much fun, and guess who snagged the title? Give it up for the fabulous crew at the **Woodbourne house in the Arc of the Greater Hudson Valley!**

Their fashion game was next level—ranging from wonderfully wacky to brilliantly bizarre, their creativity was off the charts, and let's not forget to give a shoutout to **Benny B**, the four-legged trendsetter who stole hearts with his own unique style!

Now, hold onto your Santa Hats because here comes the cherry on top—the grand prize! As a special treat from our CEO, Angelo Angerame, the Woodbourne house will get to enjoy a delicious Pizza Party!

Here's to the Woodbourne house, Benny B, and the entire HRLTCP community for making this Ugly Sweater Contest one for the books! Let the cheesy celebrations commence!



Navigating Changes in Medicare Part D Plans

Every year, changes in Medicare Part D drug plans and Medicare Advantage plans create a ripple effect, impacting millions of individuals across the nation. For example, more than 1.3 million beneficiaries are currently enrolled in a 2023 Medicare Advantage or Part D plan which is set to be discontinued in 2024. At HRLTCP, we've diligently sent out notices to every facility, alerting them to the alterations in plan availability. However, this may not be the case for every pharmacy provider.

Throughout late September and October, you should've received your Annual Notice of Change (**ANOC**) letter from your Medicare plan. This document serves as a vital source of information, detailing whether your Medicare Part D or Medicare Advantage plan will continue to be offered in the coming year. If you didn't receive your ANOC please make sure to contact your Medicare plan by calling the toll-free number that you can find on your Member ID card and request for a copy to be sent to you.

For plans still offered, before deciding to stick with your current plan, it's imperative to comprehend the modifications slated for the next year. Medicare Part D or Medicare Advantage plans undergo various changes, including fluctuations in monthly plan premiums, increased initial deductibles, alterations in coverage limits, modifications to the list of covered prescription drugs, and adjustments in Donut Hole coverage.

For those enrolled in a Medicare Advantage or Part D plan that won't be available next year, there are important considerations. If you aren't automatically transferred to another plan, you risk being without coverage starting January 1st.

Two key opportunities exist for enrolling in another Medicare plan:

Annual Open Enrollment Period (AEP):

From October 15th through December 7th, you can join a new Medicare Part D or Medicare Advantage plan. Your coverage will commence on January 1st.

Service Area Reduction Special Enrollment Period (SEP SAR):

If you miss the **AEP**, a Special Enrollment Period (**SEP**) is granted from December 8th through the end of February, allowing you to enroll in a Medicare Part D or Medicare Advantage plan.

Understanding the changes in your Medicare plan and seizing the right opportunities for enrollment ensures that individuals can navigate discontinuations with informed decisions about their healthcare coverage. Stay proactive, stay informed, and make the choices that align with your healthcare needs.

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 nurse 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

280 Rte 211 E, Suite 112, Middletown, NY 10940
www.hrltcp.org • info@hrltcp.org • P: 845-341-2700 • Fax: 845 341-2715