

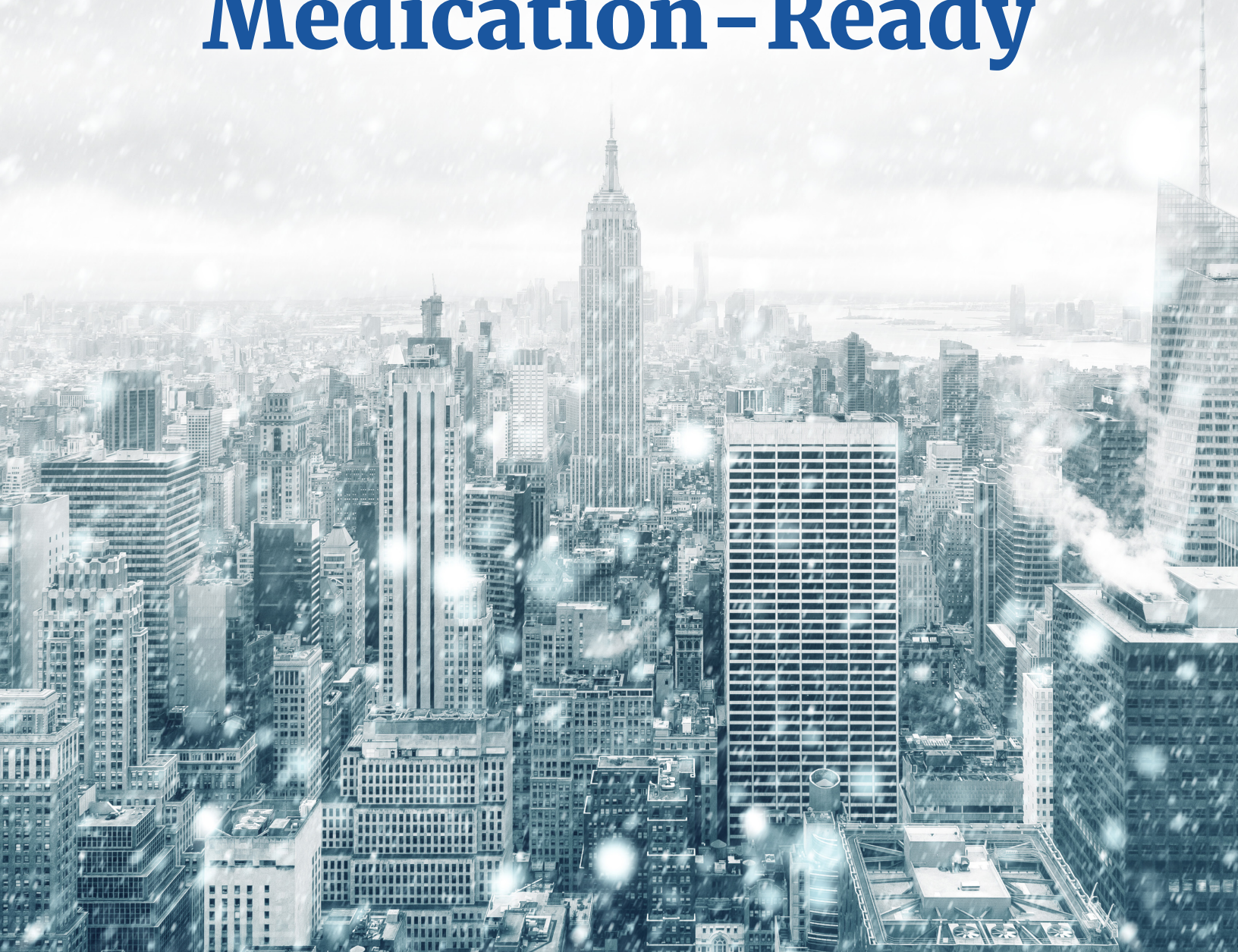
# In the Know with...



Hudson Regional  
LONG-TERM CARE PHARMACY

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## Staying Warm, Safe, and Medication-Ready



PLUS

- *Embrace the Cozy:  
Indoor Activities to Beat Winter Cabin Fever*
- *Pizza, Laughs, and Unforgettable Memories with Woodbourne House!*



# Introducing

# DOSIS<sup>®</sup> systems

Hudson Regional LTC Pharmacy is thrilled to introduce DOSIS, an innovative automation system that is set to transform the prescription fulfillment process. Scheduled for its debut on February 19th, DOSIS reflects our commitment to utilizing cutting-edge technology to enhance efficiency and ensure the highest quality of care for our patients.

In the realm of prescription orders, particularly those of a complex nature, meticulous attention to detail is paramount. DOSIS serves as a pivotal tool in streamlining even the most intricate orders, enabling our pharmacists to concentrate on essential aspects such as quality control and other critical facets of patient care. By minimizing the time spent on routine tasks, DOSIS allows pharmacists to dedicate their expertise to prioritizing patient well-being.

Beyond its contributions to operational efficiency, DOSIS is positioned to elevate the overall patient experience at Hudson Regional LTC Pharmacy. Patients can expect expedited prescription fulfillment times, coupled with the confidence of receiving accurately dispensed medications. Our adoption of DOSIS goes beyond being a technological upgrade; it signifies a strategic shift towards embracing a patient-centric approach to healthcare. We are excited about the positive impact DOSIS will have on both our operational processes and, more importantly, the well-being of our valued patients.



[www.hrltcp.org](http://www.hrltcp.org)



## A Letter From Our CEO

As New York's budget deadline looms on April 1st, urgent advocacy is needed for our ID/DD Community. The proposed 1.5% cost of living adjustment falls drastically short of the expected 3.2%, exacerbating challenges for ID/DD service providers already grappling with inflation and a workforce crisis. The impact includes program closures, DSP departures, and over 20,000 unfilled support positions. To address this, we urge swift action: email legislators, make concise phone calls, and send personalized letters emphasizing the necessity of adequate funding for ID/DD services. Time is critical, and your advocacy can make a meaningful

difference in securing the resources these communities deserve.

Thank you for standing up for this crucial cause and 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**



# Pizza, Laughs, and Unforgettable Memories with Woodbourne House!

The Pizza Party was an absolute riot of fun and laughter! Our CEO, Angelo Angerame, couldn't have had a better time, and the atmosphere was electric with joy and excitement. The contagious enthusiasm of the Woodbourne House made the night unforgettable, with everyone letting loose and enjoying the festivities to the fullest. From cheesy jokes to hilarious pizza topping debates, the party was a melting pot of laughter and camaraderie. Meeting Benny B was like the cherry on top, injecting an extra dose of cool vibes into an already awesome evening. As slices disappeared and laughter echoed, it became clear that this wasn't just a celebration; it was a memory-making extravaganza that will be fondly reminisced about for a long time. The Pizza Party didn't just meet expectations; it exceeded them, leaving everyone with a belly full of laughs and hearts brimming with joy.





# Winter Well-Being Tips



As we embrace the winter season, it becomes crucial to prioritize not only healthcare but also general well-being. Amid cold temperatures, icy sidewalks, and shorter days, it's essential to take extra precautions to ensure safety and warmth. Here are some tips for staying safe and cozy during the winter months:



## PROTECT EXTREMITIES:

Keep your hands, feet, and head covered to prevent heat loss. Invest in quality gloves, insulated socks, and a warm hat to safeguard against frostbite.

## HYDRATE AND MOISTURIZE:

The cold weather can lead to dehydration, and dry skin is a common issue. Drink plenty of water and use moisturizers to keep your skin hydrated.



## HOME HEATING SAFETY:

If using space heaters, ensure they have an automatic shut-off feature and keep them away from flammable materials. Have your heating system inspected regularly to prevent carbon monoxide leaks.



## EMERGENCY KIT:

Prepare an emergency kit for your home and car. Include essentials like blankets, non-perishable food, water, a flashlight, and any necessary medications.

## REGULAR CHECK-INS:

Keep in touch with neighbors, friends, and family, especially if they are elderly or have health concerns. Winter weather can be isolating, so regular check-ins can provide comfort and assistance if needed.



## MIND MENTAL HEALTH:

Winter blues are a reality for many. Stay connected with loved ones, engage in activities you enjoy, and seek professional help if you notice signs of seasonal affective disorder (SAD).

In the spirit of ensuring your overall well-being, our commitment extends beyond healthcare. Embrace the winter season with confidence, knowing that with these tips and our dedicated services, you can navigate the challenges of winter while staying safe, warm, and healthy.

# Embrace the Cozy: Indoor Activities to Beat Winter Cabin Fever



As the winter months set in and the temperatures drop, it's easy to find yourself succumbing to cabin fever. The good news is that there are plenty of fun and engaging indoor activities to help you shake off the winter blues. Whether you're stuck inside due to inclement weather or simply prefer the warmth of your home, these activities are sure to lift your spirits and keep you entertained.

## GAME NIGHT EXTRAVAGANZA:

Gather everyone for a game night filled with laughter and friendly competition. Board games, card games, and even video games can provide hours of entertainment. From classics like Monopoly and Scrabble to modern favorites like Settlers of Catan and Mario Kart, there's a game for every taste.

## CRAFTING AND DIY PROJECTS:

Unleash your inner artist by engaging in crafting or do-it-yourself (DIY) projects. From knitting and painting to making handmade cards or home décor, there's a multitude of creative activities to choose from. Not only does crafting provide a productive outlet, but you'll also have unique items to show for your efforts.

## BOOK CLUB OR READING TIME:

Create a cozy reading nook with blankets and pillows and immerse yourself in a good book. Winter is the perfect time to get lost in captivating stories and expand your literary horizons.

## INDOOR EXERCISE AND YOGA:

Beat the winter blues by staying active indoors. There are numerous online workout routines and yoga classes that cater to various fitness levels. Not only does exercise boost your mood, but it also helps you stay fit during the colder months.

Winter doesn't have to mean boredom or restlessness. Embrace the season by engaging in these fun indoor activities that cater to various interests and preferences. From game nights to crafting, there's something for everyone to enjoy and beat cabin fever during the winter months.





# 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

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