

# In the Know with...



Hudson Regional  
LONG-TERM CARE PHARMACY

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## Fresh Air, Full Hearts, **Strong Voices**

**PLUS**

*Join Us in Supporting LEAP for Autism — Let's Make a Difference Together!  
& Make Your Voice Heard About Proposed Cuts to Disability Services*

# Join Us in Supporting **LEAP for Autism** — Let's Make a Difference Together!



On May 3rd, our CEO, Angelo Angerame, will take a bold leap—literally—by skydiving in the 9th Annual LEAP for Autism event to raise awareness and critical funding for Greystone Programs. This high-energy fundraiser does more than bring the adrenaline; it brings hope, support, and opportunity to individuals with Autism and intellectual/developmental disabilities (ID/DD).

LEAP for Autism raises essential funds for expressive arts programs—including art therapy, music, dance, equine therapy, yoga, and more. These programs help participants express themselves, build confidence, and unlock their full potential.

We're proud to support Angelo's efforts and this incredible cause.

## You can help too!

- ✓ Scan the QR code below to donate
- ✓ Share the campaign with friends, family, or colleagues
- ✓ Attend the event on May 3rd at Skydive the Ranch in Gardiner, NY—featuring live entertainment, arts & crafts, virtual reality experiences, and more!



Let's take this leap together—every dollar raised helps open the door to more joy, creativity, and growth for those who need it most.







## A Letter From **The CEO**

One of the things we take the most pride in at Hudson Regional LTC Pharmacy is being present and engaged with the vibrant communities we serve. Over the years, we've had the pleasure of attending countless events hosted by our partner agencies—from Skydiving Events, to BBQs, Golf Outings, and so much more.

These moments give us a chance to celebrate the work you're doing and strengthen the connection we share. And we want to do even more of that.

That's why we're inviting you to send us information about any upcoming events, activities, or initiatives your organization is planning. We'll highlight them in our newsletter, promote them on our website, and—when we can—attend in person to show our support.

Our goal is to shine a light on your efforts and help amplify the amazing work happening across our network. Big or small, every event is an opportunity to connect and uplift.

Let us know what's happening in your world—we want to be there with you.

Email your events to: **[AAngerame@hrltcp.org](mailto:AAngerame@hrltcp.org)**

Thank you for your continued partnership and for the vital work you do every day.

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

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



# Seasonal Allergies Are Blooming Early! What You Need to Know & How to Stay Ahead of the Sniffles

Spring may feel like a welcome warm-up, but for many, it also signals the return of allergy season. With this year's unseasonably warm weather, local pollen levels are already rising—and experts say it could be a more intense season than usual.

Experts point to a combination of factors leading to this early allergy spike. A mild winter allowed trees to begin pollinating ahead of schedule, and the longer growing season means we can expect extended exposure. Add to that strong winds moving pollen across the region, and you've got the recipe for a tough season.

In the Hudson Valley, tree pollen from birch, maple, oak, and elm is already affecting residents. These allergens tend to peak in April and May but may stick around longer due to this year's warm snap.

If you're experiencing a runny nose, itchy eyes, sneezing, or fatigue, seasonal allergies could be to blame. Many symptoms are similar to those of a cold, but allergies often persist longer and follow a familiar yearly pattern. Sinus pressure, post-nasal drip, and difficulty sleeping are also common.





There are several ways to minimize discomfort this allergy season. Over-the-counter medications such as antihistamines, decongestants, and nasal sprays can provide relief. However, not every product is right for everyone. Individuals with chronic conditions or who are taking other medications should consult a healthcare provider before starting something new.

Hudson Regional LTC Pharmacy is here to answer your questions and recommend safe, effective options based on your needs.

Avoiding pollen exposure whenever possible is also key. Here are a few practical steps to consider:

- **Keep windows closed, especially during high pollen days.**
- **Shower and change clothes after being outdoors.**
- **Wash bedding frequently in hot water.**
- **Use a HEPA filter inside your home.**
- **Avoid yard work or outdoor activity in the early morning when pollen levels are highest.**



You can stay up to date on pollen conditions in your area by checking daily allergy forecasts from trusted platforms like Pollen.com or your local weather service. Keeping an eye on the daily count can help you plan outdoor activities and adjust your routine to minimize exposure.

Allergy season may be unavoidable, but with a few proactive steps, it doesn't have to keep you inside. From the right medication to simple at-home precautions, you can manage symptoms and enjoy the season. And if you have questions, our pharmacy team is always happy to help you find the best solution for your lifestyle.





# Staying Safe and Informed About Bird Flu

As headlines continue to emerge about avian influenza, specifically the H5N1 strain, it's important to stay informed—especially for those who care for individuals with intellectual and developmental disabilities (ID/DD). While the overall risk to the general public remains low, the virus is spreading among birds, some mammals, and, in rare but not impossible cases, to humans.

H5N1 is a highly pathogenic strain of bird flu that spreads primarily through direct contact with infected animals or contaminated environments. Recently, a fatal human case was reported in Louisiana after contact with backyard poultry. Another case in Mexico involved a young child who, tragically, did not survive. These cases remain isolated, but they highlight the importance of preventive measures—particularly in caregiving settings where vulnerable individuals may require support with hygiene, food safety, or personal boundaries around animals.

For caregivers and support staff in ID/DD homes, a few basic precautions can go a long way: encourage regular handwashing, avoid handling wild or injured birds, and ensure poultry and eggs are thoroughly cooked to a safe internal temperature of 165°F. If you have pets, it's also wise to prevent them from interacting with wild birds, especially during outdoor activities. Monitoring for flu-like symptoms is equally important. While bird flu symptoms can resemble seasonal flu or COVID-19, early detection and medical attention are key. Keep an eye out for cough, fever, fatigue, or difficulty breathing, and don't hesitate to reach out to a healthcare provider if symptoms appear. At Hudson Regional LTC Pharmacy, we remain committed to the health and safety of those we serve. While the risk is low now, informed vigilance helps keep our communities safe. We'll continue to monitor developments and provide updates that matter to the individuals and organizations we proudly serve.



# Make Your Voice Heard About Proposed Cuts to Disability Services

At Hudson Regional LTC Pharmacy, we work alongside organizations that support individuals with intellectual and developmental disabilities (ID/DD) every single day. We see the critical role these services play—not just in care, but in dignity, independence, and daily quality of life.

Right now, there are serious concerns about proposed budget cuts that could impact services and supports for people with disabilities across New York and beyond. These changes would affect the lives of the very people we care about most.

We believe advocacy is not only important—it's essential.

Whether you're a caregiver, healthcare provider, agency leader, or family member, now is the time to speak up and stand together.

The strongest voices for this community often

come from those who work closest to it.

Even a short message makes an impact. Tell them who you are, what you do, and why protecting disability services matters to you and the people you serve.

Let's work together to protect what matters most. Advocacy is how change happens—and every voice counts.

**Scan the QR codes below to contact your U.S. Representative and Senators:**



**Find Your Member**



**Contact Your Senator**



# 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**  
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