

In the Know with...



Hudson Regional
LONG-TERM CARE PHARMACY

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A Season Of Purpose

PLUS

*The Challenge of Rising Pharmacy Closures
& Summer Safety Tips That Stick*

Employee Spotlight

Sara Nunemaker, Data Entry Technician



This month, we're proud to spotlight Sara Nunemaker, one of our dedicated Data Entry Technicians at Hudson Regional LTC Pharmacy. Sara brings heart and attention to detail to her role, and it shows every day.

"I love working with a pharmacy that pays attention to a community that sometimes gets overlooked," she shares. That sense of purpose is what drew her to HRLTCP. What keeps her here is the people. "It's such a nice place to work. We come in every day and there's a great workflow, a great team atmosphere. It really makes a difference."

Outside of work, Sara is a proud mom to a four-year-old who she calls her whole world. In her free time, she loves spending time with her family.

When asked what advice she'd give to someone interested in this kind of work, Sara says, "You have to really care. You need to be accepting and open to understanding the needs of the people we care for. This isn't just a job."

Sara's warmth and dedication help keep our operations running smoothly. We're grateful to have her on the team!





A Letter From **The CEO**

In recent months, there has been growing concern across the pharmacy community in New York. Rising costs and ongoing challenges with reimbursement have made it increasingly difficult for many pharmacies to continue operating. Reports now show that 178 pharmacies across the state are closing, including long-standing and wellrespected businesses that have served their communities for years.

While each closure may seem like a separate story, together they reflect a larger issue. The current reimbursement model, especially in long-term care, is not keeping pace with the realities of what it takes to deliver consistent, high-quality care. When reimbursements fall short, the impact is felt not just by businesses, but by the individuals and care teams who depend on them.

At Hudson Regional LTC Pharmacy, we remain focused on providing the level of service and support our partners have come to expect. We recognize the pressures that exist within this landscape, and we are staying engaged in conversations that aim to protect and preserve access to care for those who need it most.

We are proud of our role in this community, and we are committed to continuing forward with care, integrity, and intention. Thank you for your trust, and for the work you do every day.

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

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



Summer Safety Starts with the Basics

Hydration, Sun Protection, and Tick Awareness

Warm weather invites more time outdoors—on walks, during outings, or just enjoying some fresh air. As the season shifts, it's important to stay mindful of a few key habits that support comfort and well-being for everyone.

Staying hydrated, protecting skin from the sun, and being aware of tick risks are all part of a thoughtful summer routine. These simple actions help prevent avoidable discomfort and health concerns, especially in long-term care settings or when supporting individuals with unique care needs.

Why Hydration Matters

Water keeps everything working better—from body temperature and energy levels to digestion and mood. Dehydration can happen quickly in warm weather and may be harder to spot in individuals who have trouble expressing how they feel.

Signs of dehydration can include:

- Dry mouth or lips
- Headaches or lightheadedness
- Tiredness or irritability
- Less frequent bathroom visits
- Darker urine than usual

Helpful hydration habits:

- Offer fluids regularly throughout the day
- Use easy-to-hold cups or bottles
- Encourage water breaks during outdoor activities
- Serve snacks with high water content like fruit or cucumber slices

Making hydration part of the daily routine supports everyone's health in a simple, manageable way.



Sun Safety & Tick Awareness

Everyday Sun Protection

Even short periods of sun exposure can lead to discomfort or skin damage, especially for individuals with sensitive skin or certain medications.

Tips for safe sun exposure:

- Use sunscreen with SPF 30 or higher
- Apply it 15 minutes before going outside
- Reapply every 2 hours, or more often if sweating or spending time in water
- Don't forget ears, hands, back of the neck, and feet

Wide-brimmed hats, lightweight long sleeves, and seeking shade during peak hours (10 AM–4 PM) can also help.

Tick Awareness

Ticks are common in grassy or wooded areas, and they can carry illnesses like Lyme disease.

Preventing tick bites is an important part of summer safety, especially during outdoor walks, field trips, or yard time.

What helps:

- Wear long pants and socks when walking in tall grass or wooded areas
- Use EPA-approved insect repellent if appropriate
- Check skin and clothing for ticks after spending time outside
- Wash clothes promptly after outdoor activities

If a tick is found, follow removal steps carefully and notify a nurse or caregiver right away.

Every Step Counts

Whether it's remembering water, applying sunscreen, or doing a quick tick check, these small habits support a safer and more enjoyable summer. Each one plays an important role—and together, they help create peace of mind for staff, individuals, and families alike.





Welcome, Eden II Long Island

We are proud to welcome Eden II Programs – Long Island to the Hudson Regional LTC Pharmacy family. Eden II is a respected nonprofit organization dedicated to serving individuals with autism across the lifespan. Through educational, residential, vocational, and clinical services, they create structured, supportive environments that help individuals develop essential life skills and live meaningful, enriched lives.

With programs in East Northport and beyond, Eden II's Long Island division plays a vital role in meeting the unique needs of the local autism community. Their commitment to evidence-based practices, individualized support, and lifelong care closely aligns with our values here at Hudson Regional LTC Pharmacy.

We are honored to partner with Eden II Long Island as their trusted pharmacy services provider. Collaborations like this reflect our shared commitment to enhancing health outcomes and providing consistent, compassionate support to individuals and families across New York.

As we begin this partnership, we look forward to contributing to Eden II's mission and building a relationship rooted in quality, reliability, and shared purpose. Together, we are working toward the common goal of improving lives through dedicated care and collaboration.

Thank you for your continued trust in Hudson Regional LTC Pharmacy. Your support allows us to grow our partnerships with organizations like Eden II, furthering our mission to provide exceptional pharmacy services to those who need them most.

Congratulations, New Horizons Resources!

We'd like to extend our heartfelt congratulations to New Horizons Resources on the opening of their new residence in Wappinger, NY on Ada Drive. This exciting milestone reflects their continued commitment to providing safe, inclusive, and supportive living environments for individuals with intellectual and developmental disabilities.

New Horizons has long been recognized for its person-centered approach to residential care, and the opening of this new home is a meaningful step forward in expanding access to high-quality support in the Hudson Valley. The new Ada Drive residence offers not

only a beautiful living space, but also a strong foundation for independence, dignity, and community integration.

At Hudson Regional LTC Pharmacy, we are proud to partner with organizations like New Horizons that prioritize both care and compassion in everything they do. We're honored to support their work and celebrate this important achievement alongside them.

To the team at New Horizons, congratulations on this new chapter. Your continued dedication makes a real difference in the lives of the individuals and families you serve.



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**



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