

In the Know with...



Hudson Regional
LONG-TERM CARE PHARMACY

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Better Care Starts Here

PLUS

*Why We Don't Use Automatic Refills
& Honored to Support the Life's WORC Golf Classic*

Honored to Support the Life's WORC Golf Classic

The **Geraldo Rivera Golf Classic**, hosted by Life's WORC at the Huntington Crescent Club, brought together advocates, families, and partners who share a commitment to supporting individuals in the ID/DD Community. It was a thoughtful day of connection and community.

Our CEO, **Angelo Angerame**, was proud to attend and join in on the fun! We are grateful for the opportunity to be part of an event that advances services, inclusion, and quality of life across New York.

Thank you to Life's WORC for organizing a memorable outing and for the important work they lead every day. We look forward to continuing our shared effort to build stronger, and healthier communities.





A Letter From **The CEO**

One of the most meaningful parts of our work is getting to connect with the communities we serve, not just through pharmacy services, but by showing up in person when it matters most.

Whether it's a community gathering, walk, fundraiser, or something entirely unique to your organization, we're always looking for ways to be involved. That could mean attending, sponsoring, or finding another way to support the work you're doing.

If you have an upcoming event, we'd love to hear about it. You can email the details directly to me at aangerame@hrltcp.org, and we'll do our best to be part of it.

Thank you for continuing to include us in your world. We're grateful for every opportunity to stay connected and keep moving forward together.

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

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



Ticks Are Thriving in New York.

Here's What to Know.

If you live or work in the Hudson Valley, you're in one of the highest-risk regions in the state for tick-borne illness. The New York State Department of Health has identified the Hudson Valley, along with the Catskills and Capital-Saratoga regions, as areas with consistently high tick activity and reported infections. Local health departments are continuing to raise awareness as cases increase year after year.

Recent data from SUNY Upstate Medical University confirms that tick encounters across New York have **doubled** in early 2025 compared to the same period last year. **More than 31 percent** of ticks submitted for testing carried at least one disease-causing pathogen, including *Borrelia burgdorferi* (which causes Lyme disease), *Babesia microti*, and *Anaplasma phagocytophilum*.

Environmental factors play a major role. Warmer winters, longer stretches of mild weather, and expanding deer populations have allowed ticks to remain active for more of the year. As a result, tick season

is starting earlier, lasting longer, and becoming harder to avoid—even in well-maintained backyards or on short walks.

Across the Northeast, 2025 is being described by researchers and health officials as **a record-setting year for tick activity**. Emergency departments have reported more tick-related visits, and public health experts are urging residents to stay vigilant as the season continues.

What's Different This Year

- Ticks are becoming active earlier and staying active later into the fall.
- Nymph-stage ticks, which are extremely small and easy to miss, are responsible for most Lyme disease cases.
- Even well-kept yards and walking trails are seeing increased tick activity.

Awareness and preparation are key to protecting the people in your care.



Bitten by a Tick?

Here's What to Do

If you or someone you care for is bitten by a tick, don't panic. Taking the right steps quickly can reduce the risk of illness and help your healthcare provider decide what to do next.

1. Remove the Tick

Use fine-tipped tweezers to grasp the tick as close to the skin as possible. Pull upward with steady, even pressure. Avoid twisting or jerking, which can cause parts of the tick to break off.

2. Clean the Area

After removal, wash the bite site and your hands with soap and water or rubbing alcohol.

3. Save the Tick

Place the tick in a sealed bag or container and write down the date. Your provider may want to identify it or keep it for reference.

4. Monitor for Symptoms

Watch for signs of illness during the 30 days following the bite. This may include:

- A rash, especially one shaped like a bullseye
- Fever or chills
- Fatigue, headache, or joint pain

These can be early signs of Lyme disease or other tick-borne infections.

5. Call Your Healthcare Provider

Contact your provider if:

- You aren't sure how long the tick was attached
- Any symptoms develop
- The person bitten is a child, older adult, or someone with a weakened immune system

Even if no symptoms appear, it may still be helpful to document the bite in the person's medical record.

Knowing what to do after a bite is just as important as prevention. Clear steps can lead to better outcomes.



Why We Don't Use Automatic Refills.

Understanding the Risks and Our Commitment to Safer Pharmacy Practices

At Hudson Regional, we're often asked why we don't offer automatic prescription refills. It's a fair question. For some, the idea of medications arriving without needing to call or check in sounds convenient. But in the care settings we serve—group homes, long-term care residences, and similar environments—automatic refills often create more problems than they solve.

One of the biggest concerns is medication waste. When prescriptions are filled automatically without verifying current needs, they tend to pile up. Treatment plans change. Doses are adjusted. Medications are discontinued. Yet the refill system continues to send more. This can result in an overflow of unused medications, creating clutter and confusion for caregivers and increasing the risk of errors.

Those errors are not just hypothetical. In many real-world cases, people have received multiple versions of the same medication or continued to receive something that had been stopped weeks earlier. When extra medications are on hand, the chances of an accidental dose or mix-up go up significantly. In residential care, even small oversights can have serious consequences.

Automatic refill programs have also raised concerns among regulators. Some state agencies and federal programs like Medicare and Medicaid have issued warnings or implemented rules to restrict these systems. A common issue is that medications are

dispensed and billed without the patient or their care team requesting them. This can lead to overbilling, audits, or even fraud investigations. At best, it creates waste. At worst, it undermines the integrity of the care being delivered.

While there are studies suggesting that automatic refills can improve medication adherence, most of those results come from highly controlled settings. In real-world environments, especially those involving multiple caregivers and evolving care plans, automatic systems often fall short. They take away the opportunity to stop and ask, "Is this still the right medication? Is this still needed?"

We believe prescriptions should never be filled on autopilot. That's why we've chosen not to offer automatic refills. Instead, we rely on coordination with care teams and prescribers to help ensure refills are requested only when needed. This helps prevent unnecessary medication buildup, reduces the chance of confusion or errors, and allows for more flexibility when treatment plans change.

Our goal is to provide pharmacy services that are thoughtful, responsive, and aligned with the needs of each individual and team we serve. Avoiding automatic refills is just one way we help keep safety, clarity, and communication at the center of every prescription.



Congratulations, Greystone Programs!

We're thrilled to congratulate Greystone Programs on the opening of their newest residence in Brenner Ridge. This milestone reflects Greystone's ongoing commitment to expanding access to person-centered services that promote dignity, independence, and wonderful opportunities.

The Brenner Ridge home represents more than just a new address—it's a space designed with care and intention, where individuals can thrive in a supportive and enriching environment.

For the individuals moving in and for the staff supporting them, this home marks the beginning of a new chapter full of possibility.

Greystone's dedication to building strong, inclusive communities continues to inspire us. We're proud to stand alongside them in support of their mission and the families they serve.

On behalf of all of us at Hudson Regional LTC Pharmacy, congratulations on this exciting achievement. We can't wait to see what's next.

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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LONG-TERM CARE PHARMACY

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