

In the Know with...



Hudson Regional
LONG-TERM CARE PHARMACY

December 2025 • Issue #060

A photograph of an older couple standing in a snowy city at night. The woman is wearing a beige knit beanie, a thick white scarf, and a brown coat. The man is wearing a dark blue jacket and a red scarf. They are both smiling and looking at each other. In the background, there are snow-covered trees, streetlights, and a city skyline with lit-up buildings.

Caring With Purpose

PLUS

***Congrats To Our Ugly Sweater Contest Winners!
& Medication Safety Starts at the Source***

Medication Safety Starts at the Source

Medication safety doesn't begin when a prescription is ordered or filled. It begins with where and how medications are sourced.

One important safeguard in the medication supply chain is **VAWD**, which stands for **Verified Accredited Wholesale Distributors**. This accreditation is administered by the National Association of Boards of Pharmacy and is designed to ensure that pharmaceutical distributors meet strict standards for quality, security, storage, recordkeeping, and regulatory compliance.

Hudson Regional LTC Pharmacy sources medications exclusively through distributors that hold this VAWD designation. This means the medications we dispense come from

suppliers that have been thoroughly reviewed and verified to comply with federal and state requirements, including FDA regulations.

While we work with a diverse group of suppliers to ensure availability and consistency, every distributor we partner with meets these established standards. This allows us to maintain confidence in the integrity of the medications entering our system and, ultimately, reaching the people you care for.

If you are unsure whether your current pharmacy partners source medications through VAWD verified distributors, it is always worth asking. Transparency in the supply chain is a critical part of protecting patient safety and maintaining trust.





A Letter From **The CEO**

As we close out the year, our team continues to closely monitor legislative developments that could impact healthcare delivery across our region.

There has been significant discussion around the recently passed “big beautiful bill” and what it could mean for hospitals, clinics, and care providers. We are paying particular attention to how potential changes may affect rural healthcare systems, where access to services is already stretched thin.

Our role is to stay informed, anticipate challenges, and adapt in ways that protect continuity of care. No matter how policies evolve, our commitment remains the same. We will continue working alongside our partners to ensure medication access, reliability, and service consistency for the communities we serve.

Thank you for trusting Hudson Regional LTC Pharmacy as part of your care team.

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

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



Congrats To Our Ugly Sweater Contest Winners!

Our annual Ugly Sweater Contest continues to be one of the most enjoyable moments of the season, and this year's entries brought no shortage of creativity, humor, and holiday spirit. From bold patterns to thoughtful group themes, it was clear that everyone embraced the fun and took pride in participating.

Two groups stood out in a big way this year, and we're happy to declare a tie!

At **Colonial at New Hope Community**, the team came together with coordinated looks and a festive energy that made their entry memorable from the start. Their sweaters reflected not only creativity, but also a strong sense of teamwork and enthusiasm that truly captured the spirit of the contest.





At **Woodbourne**, the men once again raised the bar with their holiday attire, earning a well-deserved third consecutive win. Their sweaters have become a seasonal highlight, and no Woodbourne celebration would be complete without their beloved pup Benny, who continues to charm everyone and play an important role in the tradition.

To celebrate, each group will be enjoying a pizza party with our CEO Angelo Angerame. We are grateful to everyone who participated and shared a bit of joy with us this season. These moments of connection and celebration are what make the holidays special, and we look forward to continuing this tradition for years to come.



Hydration Matters, Even During Winter

Hydration often takes a back seat during the winter months, but it remains just as important as it is in warmer weather.

Colder temperatures can reduce the natural feeling of thirst, which may lead people to drink less without realizing it. In addition, heated indoor air can contribute to fluid loss, making dehydration more common during the winter than many expect.

Supporting hydration during this season can be simple but impactful. Offering fluids consistently throughout the day, rather than waiting for signs of thirst, helps maintain balance. Warm options such as herbal teas,

broths, or warm water with lemon can be appealing alternatives to cold beverages and may encourage better intake.

It is also helpful to watch for subtle signs of dehydration, including dry skin, fatigue, headaches, or darker urine. Maintaining proper hydration supports circulation, cognitive function, and overall well-being, and it can also play a role in how medications are absorbed and tolerated.

Making hydration part of the daily routine helps support health and comfort throughout the winter months.





Staying Active and Avoiding Cabin Fever

Shorter days and colder weather often lead to spending more time indoors, which can affect energy levels, mood, and overall well-being. While rest is important, prolonged inactivity can contribute to feelings of isolation or cabin fever.

Dressing appropriately for the weather can make it easier to step outside safely, even if only for a short walk or a few minutes of fresh air. Layered clothing, proper footwear, and outerwear suited for the conditions can help make outdoor activity more comfortable and accessible.

When outdoor time is limited, finding ways to stay active indoors can also make a difference. Light stretching, movement-based activities, or simply changing rooms throughout the day can help keep both body and mind engaged. Allowing natural light into indoor spaces by opening curtains or blinds can also help support mood during darker months.

Maintaining small daily routines that include movement, fresh air, or social interaction can go a long way toward supporting physical and emotional health throughout the winter season.

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
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