

In the Know with...



Hudson Regional
LONG-TERM CARE PHARMACY

February 2026 • Issue #062



Strengthening Care Across **Our Communities**

PLUS

*Ugly Sweater Champions Celebrate with Pizza Parties!
& A New Option in Pain Management*

Employee Spotlight

Krystal Ross,

RN Consultant



At Hudson Regional LTC Pharmacy, our work is driven by people who genuinely care about improving the lives of others. This month, we are proud to highlight Krystal Ross, RN Consultant, whose passion and dedication continue to make a meaningful impact.

Krystal plays a key role in supporting both the clinical teams and the individuals we serve. Her work focuses on ensuring that medication regimens are safe, appropriate, and aligned with each individual's needs. She takes great pride in helping care teams navigate medication management so the people they support receive the safest and most effective care possible.

One of Krystal's most exciting recent projects has been helping establish the PONS Repository, a resource she is incredibly proud of. The repository was created to support nurses working in the field by providing organized access to valuable tools, information, and resources that can assist with care coordination and medication oversight.

For Krystal, the most rewarding part of her work is knowing that she is making a real difference.

She shared that what motivates her most is advocating for individuals who rely on the care of others and ensuring their needs are heard and addressed.

Outside of work, Krystal enjoys building LEGO sets, a hobby she says allows her to unwind while still exercising creativity and attention to detail.

When asked what advice she would give to others working in this field, Krystal shared something that perfectly reflects her approach to the work:

- Be passionate about what you do
- Be prepared to advocate for the people you care for
- Speak up for those who cannot speak for themselves

Her commitment to advocacy, safety, and compassion is a powerful reminder of why this work matters.

We are grateful to have Krystal as part of the Hudson Regional LTC Pharmacy team.



A Letter From **The CEO**

As we continue into the new year, I'm excited to share an important step forward for our organization.

Hudson Regional LTC Pharmacy has always been focused on building pharmacy services that support the people behind the care — the nurses, providers, and teams who work every day to ensure individuals receive safe and effective medication management. That same philosophy is what led to the creation of Kinexion LTC Pharmacy, our sister pharmacy now serving communities across Long Island.

Kinexion represents the next chapter in our shared mission to provide pharmacy services that fit seamlessly into real care environments. From the beginning, it was designed with intention, focusing on communication, coordination, and reliability so care teams have the support they need when it matters most.

While Hudson Regional LTC Pharmacy and Kinexion will continue operating independently in their respective regions, both pharmacies share the same core values: patient-centered care, strong partnerships with providers, and a commitment to improving the systems that support long-term care.

The launch of Kinexion also represents an opportunity to strengthen access to long-term care pharmacy services throughout Long Island while continuing to invest in the people and communities we serve.

As we grow, our focus remains the same. We are committed to building pharmacy services that are responsive, reliable, and designed to support the real needs of care teams and the individuals they serve.

I'm proud of the work our team continues to do and excited about what lies ahead as Hudson Regional LTC Pharmacy and Kinexion move forward together.

Thank you for everything you do each day to support the people in your care.

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

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



Ugly Sweater Champions Celebrate with Pizza Parties!

Every year, our Ugly Sweater Contest proves one thing: creativity is alive and well across our amazing communities that we support!

From over-the-top patterns to sweaters that deserve their own category of chaos, the entries never disappoint. This year was no exception, and after reviewing the submissions, we had a problem we didn't mind having — two groups that absolutely deserved the win.

That's right... we had a tie.

Colonial at New Hope Community

The team at Colonial at New Hope Community showed up ready to compete with coordinated sweaters and a whole lot of personality. Their entry brought the perfect mix of festive fun and team spirit, and it was clear right away that this group put real thought into their look.

More importantly, you could tell they had a great time putting it all together. And honestly, that's the entire point.

When teams jump in, laugh together, and make something memorable, everyone wins.

Woodbourne – A Three-Peat Victory

Meanwhile, the crew at Woodbourne did what they seem to do best — raise the bar yet again.

With their bold sweaters and unmistakable team energy, they secured their third consecutive Ugly Sweater victory, officially making this an annual tradition we look forward to seeing from them.

And of course, no Woodbourne appearance would be complete without their famous four-legged teammate Benny, who once again showed up ready to steal the spotlight.

At this point, we're convinced Benny may be the real mastermind behind the whole thing.



The Real Prize: Pizza

A contest this serious deserves an equally serious reward.

To celebrate their victory, both winning teams were treated to a pizza party with CEO Angelo Angerame — because great sweaters deserve great pizza.

These celebrations are always one of our favorite moments of the year. They give everyone a chance to relax, laugh, and enjoy the community that makes this work so meaningful.

To everyone who participated this year: thank you for bringing the creativity, the humor, and the unforgettable sweaters.

We can't wait to see what you come up with in 2026!



PONS Repository Now Available for Zone 5 Members

Hudson Regional LTC Pharmacy is pleased to introduce the Plan of Nursing Services (PONS) Repository, a centralized resource created to support nurses and care professionals working in the ID/DD field.

The repository was developed to provide easy access to essential materials that help guide nursing practice and documentation, while also supporting collaboration and knowledge sharing across care teams.

The PONS Repository includes:

- Plan of Nursing Services (PONS) examples and references
- Training materials and educational resources
- Guidelines for Zone 5 nurses and care providers
- Helpful documentation tools used in ID/DD services

This resource is available to Zone 5 members of the ID/DD Nurses Association, New York ID/DD nurses, and other trusted professional partners who may benefit from these materials.

The initiative is being led by Krystal Ross and Dawn Blades, who are now serving as leaders of the Zone 5 Nurses Association in New York. Their work focuses on strengthening collaboration among nurses in the field and providing practical resources that support high-quality care.

By making these materials easier to access, the PONS Repository helps ensure nurses have the information they need to support individuals effectively while maintaining strong documentation and clinical practices.

If you are a Zone 5 or NY ID/DD nurse interested in accessing the repository, please contact Hudson Regional LTC Pharmacy for more information.

We look forward to continuing to expand this resource to better support the nursing community.





A New Option in Pain Management

Hudson Regional LTC Pharmacy is now carrying Journavx® (suzetrigine), a newly approved medication that represents an entirely new class of non-opioid pain treatments.

Approved by the U.S. Food and Drug Administration in January 2025, Journavx is indicated for the treatment of moderate to severe acute pain in adults. It is the first medication in more than two decades to introduce a new mechanism for treating acute pain.

Unlike opioid medications, which act on receptors in the brain and spinal cord, Journavx works in the peripheral nervous system. It targets specific sodium channels involved in pain signaling, helping prevent pain messages from reaching the brain.

Because of this unique mechanism, Journavx provides a non-opioid option for managing short-term acute pain, including situations such as post-surgical recovery or injury-related pain.

The development of medications like Journavx represents an important advancement in pain management by offering clinicians additional treatment options while helping reduce reliance on opioid medications.

If you have questions about Journavx or would like additional information about when it may be appropriate for use, please contact the Hudson Regional LTC Pharmacy team.

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