

In the Know with...



Hudson Regional
LONG-TERM CARE PHARMACY

March 2026 • Issue #063



The Season of Doing

PLUS

*Upcoming Events
& Springing Into Spring*

Employee Spotlight

Justin Charitable, Operations Specialist



Some people step into a role and find themselves. Justin Charitable is one of those people. Recently promoted to Operations Specialist at Hudson Regional LTC Pharmacy, Justin brings something rare to this work: a genuine sense of purpose rooted in the belief that what we do here matters. When asked what drives him, he does not hesitate. He talks about people first, about feeling like he has a hand in making a difference. That kind of ownership is not something you can teach. It has to come from within, and Justin carries it with him every day.

“I’ve never felt as important in a role, never felt like I had a real part to play until I began working at Hudson.”

Those words say something important, not just about Justin, but about the culture we work to build here at Hudson Regional LTC Pharmacy. When the right person finds the right environment, something shifts. People give more, they care more, and the individuals we serve feel that difference every day. When Justin is not at work, you will find him fully in his

element outdoors. Whether he is out on the water jet skiing or boating, in the saddle riding horses, or simply soaking in everything nature has to offer, he recharges the way most people breathe. That same energy, grounded and fully present, is exactly what he brings to his team here at Hudson.

For anyone looking to build a career in this field, Justin keeps it simple and honest. It is a lot of meaningful work. You have to care. You have to be willing to spend the time. You have to have passion for what you do. There is no shortcut to the kind of impact that matters, and Justin is proof of that.

We are proud to have Justin on the Hudson Regional LTC Pharmacy team. Congratulations on your promotion!





A Letter From **The CEO**

Spring has a way of reminding us why we do this work. When the days grow longer and the air begins to shift, it is a signal to move forward with fresh energy and a clear sense of what we are working toward. At Hudson Regional LTC Pharmacy, we do not slow down in the spring. If anything, we lean in.

During the coming months, our community will come together in meaningful ways. From golf courses across Long Island to the skies above the Hudson Valley, the events ahead give all of us a chance to show up for the organizations and individuals we serve. Whether you are picking up a club, jumping from a plane, or simply spreading the word, your participation makes a real difference for people with intellectual and developmental disabilities across our region.

For the fifth year in a row, I will be taking the leap for Greystone Programs' LEAP for Autism fundraiser. It is one of the most meaningful things I do each year, and a cause that sits very close to our mission here at Hudson.

Thank you for the care you bring to the people you serve every day. Let us spring into this season together.

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

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



Join Us in Supporting Our Community

NIS 2026 Golf Outing

New Interdisciplinary School (NIS)

Date: Monday, May 4, 2026

Location: Hamlet Golf & Country Club, 1 Clubhouse Dr, Commack, NY 11725

Support the New Interdisciplinary School with a day on the course at The Hamlet Golf & Country Club. NIS provides exceptional educational and therapeutic services for children with autism and developmental disabilities. Sponsorship packages range from individual golfer spots to full event sponsorships, with dinner-only options also available. Scan the link to register or become a sponsor.

Scan the QR code for more info!



16th Annual Wallace Berkowitz Cup Golf Outing

New Hope Community

Date: Monday, May 11, 2026

Location: West Hills Country Club, 121 Golf Links Rd, Middletown, NY 10940

Back for its 16th year, the Wallace Berkowitz Cup is one of the most anticipated golf events in our community's calendar. This outing benefits New Hope Community, which provides residential, day habilitation, supported employment, and community services to adults with intellectual and developmental disabilities. Last year's event sold out with a waitlist, so register early! Every golfer receives a premium gift, and non-golfers are welcome at the wrap party reception. Contact Janae Sisco at JSisco@NewHopeCommunity.org or 845.241.2845 for more info.

Scan the QR code for more info!



Nine & Dine 2026

Eden II Programs

Date: Monday, May 12, 2026

Location: Bethpage State Park Golf Course, 99 Quaker Meeting House Rd, Farmingdale, NY 11735

Eden II Programs celebrates its 50th anniversary year with Nine & Dine 2026, an annual golf and dining event on Long Island. Eden II supports children and adults with autism through education, residential services, day habilitation, family support, and more. This year also features the Jean Castiglione Super Raffle, with prizes of \$10,000 (first), \$1,500 (second), and \$500 (third). Only 300 tickets at \$100 each are available. Winner does not need to be present to win. Tickets, sponsorships, and tee sign purchases available online.

Scan the QR code for more info!



Annual 2026 CRSI Golf Outing

Community Resources for Staten Island (CRSI)

Date: Monday, May 18, 2026

Location: La Tourette Golf Course, 1001 Richmond Hill Road, Staten Island, NY 10306

The largest fundraising event of the year for Community Resources for Staten Island brings together community leaders, supporters, and partners for a meaningful day of golf, networking, and impact. This year's outing proudly honors Christine Ponzio, M.S.Ed, Executive Director of Winters Center for Autism, and Dominick Lombardi, Senior Vice President and Wealth Advisor at RMR Wealth Builders. CRSI expands opportunity, inclusion, and independence for the individuals it serves across Staten Island. Registration details and schedule to follow.

Scan the QR code for more info!



38th Annual Geraldo Rivera Golf Classic

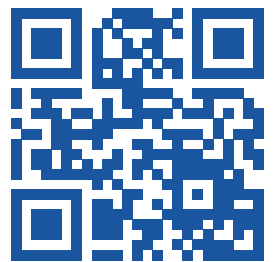
Life's WORC

Date: Monday June 29th, 2026

Location: Pine Hollow Country Club, 6601 Northern Blvd, East Norwich, NY 11732

Now in its 38th year, the Geraldo Rivera Golf Classic is one of the most enduring charity golf events in the New York region. Founded by broadcast journalist Geraldo Rivera, the event benefits Life's WORC, which provides services and support to more than 2,000 people with developmental disabilities and autism across Suffolk, Nassau, Queens, and Manhattan. Hudson Regional LTC Pharmacy has been a proud longtime partner of this mission. Stay tuned for more details!

Scan the QR code for more info!



Questions About Any of These Events?

Reach out to **Angelo at Hudson Regional LTC Pharmacy** for more information or scan the QR codes above to register directly.

Springing Into Spring

Managing Seasonal Health Challenges for the Individuals in Your Care

Spring in the New York area is a season of extremes. One day is warm and welcoming; the next brings cold rain, high winds, and air thick with tree pollen. For the general population, these swings are an inconvenience. For the individuals in your care, especially those with intellectual and developmental disabilities, they can present real health challenges that require attentive, proactive support.

Allergy Season in the New York Region

New York City and the surrounding area consistently rank among the most challenging environments for seasonal allergy sufferers. Tree pollen typically peaks from late March through May, with oak, birch, maple, and elm among the heaviest contributors. For individuals who cannot easily communicate discomfort, the signs of allergic response can show up as behavioral changes, increased irritability, disrupted sleep, or reduced participation in daily activities.

Care teams should watch for the following signs that may indicate seasonal allergy flares:

- Eye rubbing, sneezing, or nasal congestion
- Unusual fatigue or difficulty sleeping, especially when windows are open
- Behavioral changes or increased agitation without a clear cause
- Skin redness or irritation, particularly after outdoor time
- Coughing or wheezing, particularly in individuals with any underlying respiratory sensitivities



If an individual is already prescribed antihistamines or allergy medications, confirm that they are being administered consistently throughout peak pollen season. If you observe new or worsening symptoms, contact the prescribing provider to discuss whether adjustments are needed. As always, the Hudson Regional LTC Pharmacy team is available to answer questions about medication management during allergy season.

Air Quality Days

Spring also brings a rise in poor air quality days across the New York metro area. Ground-level ozone levels typically increase as temperatures climb and vehicle traffic picks up. On days when air quality is rated as unhealthy for sensitive groups, limit outdoor time for individuals with respiratory concerns, asthma, or compromised immune function. Check the New York State Air Quality Index (AQI) daily at airnow.gov, especially before any scheduled outdoor programming.



LEAP for Autism

**10th Annual LEAP for Autism |
May 2, 2026**

Benefiting Greystone Programs | Gardiner, NY

For ten years, a group of dedicated individuals has been taking the leap, literally, to raise funds and awareness for people living with autism and other developmental disabilities. The 10th Annual LEAP for Autism returns on Saturday, May 2, 2026 at Skydive the Ranch in Gardiner, New York, from 10:00 AM to 4:00 PM.

The event benefits Greystone Programs, an organization committed to enriching the lives of individuals with autism and intellectual and developmental disabilities through residential, day, and community-based services. Funds raised go directly toward expanding these services and empowering more individuals to thrive in the communities they call home.

Angelo Is Jumping Again

Our CEO, Angelo Angerame, will once again be taking the leap as a participant and fundraiser. For Angelo, this is not just an annual tradition. It is a personal statement about what Hudson Regional LTC Pharmacy stands for and the communities we exist to support. Hudson

Regional LTC Pharmacy is proud to be a corporate sponsor of this milestone 10th anniversary event.

“There is nothing like it. Every year, this event reminds me why we do what we do.”

You can support Angelo’s leap by scanning the QR code below or visiting the Greystone Programs website.

A Day to Remember

Beyond the skydiving, LEAP for Autism 2026 is a full community festival. Guests can enjoy a lineup of food and beverage trucks, live music, kid-friendly activities including face painting and bubbles, local vendors, and a raffle with exciting prizes. Skydive the Ranch, one of the most experienced drop zones in the country, offers breathtaking views from the Catskills to the Manhattan skyline.

This event is open to participants aged 18 and older for skydiving. All attendees welcome. Sponsorship packages also available for organizations looking to support the mission.

*For questions, contact Anquinette Hayles at
AHayles@greystoneprograms.org | (845) 505-0058*



**Scan the QR code
to register, support
a participant, or
download the
sponsorship package.**



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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