In the Know with...

Hudson Regional
LONG-TERM CARE PHARMACY

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Changing Leaves, Steady Hands

PLUS

Dust Off Your Ugliest Sweater: Our Annual Contest Is Back!
& Flu and COVID Season: Your Team's Top Questions, Answered

Flu and COVID Season:
Your Team's Top Questions, Answered

Every fall, the same good questions come up in group homes, day programs, and nursing offices. Here are clear answers based on the latest guidance from the CDC and the New York State Department of Health.

Is it too late to get a flu shot?

Not at all. The CDC says September and October are the ideal months for most people. Vaccination should continue after October and throughout the season as long as flu viruses are circulating. If someone in your home hasn't had theirs yet, now is a great time.

What's different about this year's flu vaccine?

All U.S. flu vaccines this season are trivalent. Each one protects against three strains: two influenza A viruses (H1N1 and H3N2) and one influenza B/Victoria virus. All three strains were updated from last season, including a change the CDC says is meant to protect against the H3N2 subclade K virus that spread in 2025-26, so last year's shot doesn't cover this year.

Someone got their flu shot early. Do they need another one?

No. The CDC does not recommend a second "booster" flu shot for anyone already fully vaccinated this season, whenever their shot was given. The one exception is some children ages 6 months through 8 years, who may need two doses four weeks apart.

Does it matter which flu shot an older adult gets?

For adults 65 and older, the CDC prefers one of three options: high-dose, recombinant, or adjuvanted. If none of those is on hand, any age-appropriate flu vaccine is still far better than skipping it. For everyone else, the CDC doesn't prefer one flu vaccine over another.

What about an egg allergy?

People with an egg allergy can get any flu vaccine that is otherwise right for their age and health.

Who is the 2026-27 COVID-19 vaccine recommended for?

In its September 23, 2026 guidance, the CDC recommends a 2026-27 COVID-19 vaccine for all adults 18 and older. It is also recommended for children 6 months through 17 years who are moderately or severely immunocompromised. For other children, the decision is made together with a healthcare provider. The CDC also notes that residents and employees of long-term care facilities and other congregate living settings may be at higher risk of catching COVID-19.

Can flu and COVID-19 shots be given at the same visit?

Yes. As the New York State Department of Health put it on October 9, 2026, "It is safe to get both the flu and COVID vaccines at the same time." They are given at separate injection sites, usually in different arms. Some people like to space them a week or two apart so any soreness or tiredness doesn't hit all at once. Either approach is fine.

What if someone recently had COVID-19?

They still need to stay up to date, but the CDC notes that people who recently had COVID-19 may consider delaying their vaccine dose by 3 months. Check with the person's healthcare provider about timing.

Questions about vaccines and the medications your individuals take? Our pharmacy team is always happy to talk it through. Call 845.341.2700 or email info@hrltcp.org.



A LETTER FROM THE PRESIDENT

Where The Seasons Lead Us

There is something about October in the Hudson Valley that makes me slow down. The air is crisp in the morning, the trees along Route 211 turn colors almost overnight, and the light is golden by late afternoon. It reminds me every year that change can be beautiful.

I've had change on my mind lately. After nearly fifteen years with Hudson, I'm writing to you for the first time as President. I have watched this team grow through a lot of seasons, and I've learned that none of them stay the same for long.

Fall has a way of always reminding you to gather what matters and be grateful. This is the season for harvest, for warm kitchens and full tables, and for the people we lean on. In our world, that means the direct support professionals, nurses, house managers, and families who show up for the individuals we serve every single day, through every kind of weather.

I've seen what this community can do when it pulls together, and I'm grateful to be part of it. As the days get shorter, I hope you find a little time to step outside, breathe in that cool air, and notice how far you've come this year.

Thank you for being part of our story. I'm excited for the seasons ahead, and I'm glad we get to walk into them together.



Yours in Health,
Sarah Biaso

President, Hudson Regional
Long Term Care Pharmacy

Have an event coming up? *We want to be there.*
info@hrltcp.org • 845.341.2700 • www.hrltcp.org

Dust Off Your Ugliest Sweater: Our Annual Contest Is Back!



The holidays are coming, and that can only mean one thing. It's time to dig through the closet, raid the craft drawer, and get gloriously tacky. Our annual Ugly Sweater Contest is back!

A Look Back at the Champions of Last Year's Ugly Christmas Sweater Contest.





Last year's entries brought plenty of creativity, humor, and holiday spirit, and two groups stood out so much that we declared a tie.

Colonial at New Hope Community came together with coordinated looks and festive energy that made their entry memorable from the start. Their sweaters showed real creativity, along with a strong sense of teamwork that captured the spirit of the contest.

At Woodbourne, the men raised the bar once again and earned 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 keeps charming everyone and plays a big part in the tradition.

Both groups celebrated with a pizza party with Angelo Angerame.



Think You Can Top That?

Whether you go for blinking lights, bold patterns, a group theme, or something nobody has ever seen before, we want to see it.

Here's how to enter:

Snap a photo of your best ugly sweater look.

Email your submission directly to Sarah Biaso at *sbiaso@hrltcp.org.*

Submission deadline is December 10th.

What's at stake? Winners will enjoy a Pizza Party with our President & CEO, plus a special feature in our newsletter.

We can't wait to see what you come up with.
Let the ugliness begin!





CELEBRATING *Sarah's First Month* as President

One month in, and it's already clear: Sarah was made for this.

Sarah has been part of the Hudson family for about fifteen years, and the people who work alongside her every day aren't one bit surprised to see her thriving as President. She brings the same energy, curiosity, and care she has always brought, now with a bigger view of everything we do.

A few teammates shared their thoughts with us, and their words say it best.

"Great leaders don't just manage operations, they inspire people, build trust, and create a vision for the future. Congratulations on your well-deserved promotion."

Ben Bonete,
Pre-Delivery Manager

"I have known Sarah for many years, she has been at Hudson almost as long as I have, and I can't think of anyone else to fill Angelo's shoes. She is always motivated and ready to learn new things. Congrats, Sarah.

Kim Smith,
Billing Manager

Congratulations, Sarah. Here's to the first month and to everything still to come!



Celebrating Art, Community, & 21 Years: The CLC Foundation Gala



We love shining a light on the organizations that make our community brighter, and this month that's CLC Foundation, Inc. CLC Foundation is a 501(c)(3) charitable organization dedicated to improving quality of life for people living with persistent disabilities. Its programs include Hidden Treasures, an educational arts program in studio and performing arts.

CLC Foundation will host its 21st Annual Gala on Sunday, November 15, 2026, at 11:00 AM at Greentree Country Club, 538 Davenport Ave, New Rochelle, NY 10805.

Guests will enjoy a cocktail hour and luncheon, followed by a Hidden Treasures Performance and Art Exhibit. It's a chance to see these talented artists and performers in the spotlight.

Tickets

Gala Ticket: $150 per person

Reserve Table: $1,250 (private table for 10)

Sponsorship and Journal Advertising

Platinum, $5,000: 10 complimentary tickets, priority seating, inside front cover of the program, poster board, special verbal and written recognition, and a listing on the CLC Foundation website

Gold, $3,000: 6 tickets, priority seating, back cover, poster, recognition, and website listing

Silver, $2,000: 4 tickets, inside back cover, poster board, recognition, and website listing

Bronze, $1,000: 2 tickets, favorable ad positioning, recognition, and website listing

Supporter, $400: full page color ad

Friend, $200: half page color ad

If you'd like to attend or get involved, please reach out to CLC Foundation directly. For journal and sponsorship questions, contact ***nicole@clcfoundation.org***.

Can't make it? CLC Foundation gladly accepts donations from those who are unable to attend. Payment by credit card is available online at ***www.clcfoundation.org***; just click "donate." CLC Foundation, Inc. is a 501(c)(3), and contributions are tax deductible as provided by current law.

Congratulations to CLC Foundation and the Hidden Treasures artists on 21 years of celebrating creativity!

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) 341-2700

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