



SEPTEMBER 2026 | EDITION 25

The Messenger

Welcome to the September edition of **The Messenger**, a quarterly publication with helpful resources, links and information to support your facility's ongoing success. Learn more about MAC Rx's services by [visiting our website](#).

Our team is ready to support your facility. [Contact us](#) to learn more.

HEALTHY AGING MONTH: SEPTEMBER 2026

Healthy Aging Starts with Smarter Medication Management

September is Healthy Aging Month, a time to recognize the importance of helping older adults maintain their health, independence, and quality of life. While healthy aging includes staying active, eating well, and remaining socially engaged, effective medication management is another essential piece of the puzzle.

As residents in long-term care and assisted living communities often manage multiple chronic conditions, ensuring medications remain safe, appropriate, and effective is critical to supporting their overall well-being.

At MAC Rx, we are your trusted clinical partner. Our innovative services and collaborative approach to care let us help facilities optimize medication therapy while reducing the risk of adverse drug events.

We help improve medication safety, support regulatory compliance, and promote better health outcomes, while helping residents maintain the highest possible level of independence and enjoy healthy aging.

[Click here](#) to learn more about how our services can support your facility.



CLINICAL CORNER: Medication Safety Strategies

Fall Facility Prep: Medication Safety Strategies for the Fall & Flu Season

As the seasons change, so do the healthcare needs of long-term care and assisted living residents. Fall marks the beginning of flu season, an increase in respiratory illnesses, and new challenges in managing chronic conditions. It also presents an ideal opportunity for facilities to review medication practices, strengthen vaccine readiness, and ensure residents are well prepared for the months ahead.

By taking a proactive approach to medication management, facilities can help improve resident safety, reduce preventable complications, and support positive health outcomes throughout the fall and winter. Consider the following strategies:

Prioritize Vaccine Readiness

Influenza and other respiratory viruses can have serious consequences for older adults, making vaccination programs an essential component of resident care.

A well-organized vaccination program helps protect residents while reducing the risk of outbreaks within the community. Therefore, facilities should review residents' vaccination status, coordinate with pharmacy partners to guarantee vaccine availability, obtain necessary consents and documentation, educate residents, families, and staff on the importance of immunization, and develop vaccination schedules to encourage maximum participation.



CLINICAL CORNER: Medication Safety Strategies - Continued



Review Chronic Disease Management

Residents living with heart disease, COPD, diabetes, asthma, or other chronic illnesses may require closer monitoring, as seasonal illnesses and environmental changes can affect their health. This is an excellent time to review medication regimens for chronic conditions, confirm that medications remain appropriate and effective, monitor adherence, ensure rescue medications and supplies are readily available, and evaluate residents following any recent hospitalizations or changes in their condition.



Reduce Medication-Related Risks

Medication safety remains a year-round priority, but seasonal changes often create additional considerations.

Facilities should remain vigilant for polypharmacy, duplicate therapies, medications that increase fall risk, dehydration-related concerns, sedating drugs contributing to confusion or dizziness, and medication changes following illness or hospitalization.



Prepare for Care Transitions

Hospital admissions often increase during respiratory illness season, making medication reconciliation especially important.

Whenever residents return from the hospital or another care setting, facilities should verify medication additions or discontinuations, dosage changes, updated physician orders, potential drug interactions, and resident monitoring needs following therapy changes.



Strengthen Staff Education

Medication safety depends on informed and engaged care teams. Providing seasonal education on topics such as vaccine administration, medication monitoring, infection prevention, adverse drug reactions, and chronic disease management helps staff recognize potential issues early and respond appropriately.

Interdisciplinary collaboration between physicians, nurses, pharmacists, and caregivers remains one of the most effective strategies for improving resident outcomes.

For support regarding medication management, questions, and more, let our pharmacy experts at MAC Rx help. [Click here](#) to connect with us.

SOLUTION SPOTLIGHT: Nursing Services

Supporting Better Care Through Nursing Services

Delivering exceptional care in long-term care and senior living communities requires education, collaboration, and clinical expertise. That's why MAC Rx's Nursing Services provide facilities with consistent, high-quality nursing oversight to ensure resident safety, regulatory compliance, and operational excellence.

We support your facility through:

- **Staff Education & Clinical Support:** Our clinical nursing team provides ongoing education, hands-on support, and bi-weekly facility visits to help staff deliver safe, consistent, and high-quality resident care. Training covers a wide range of clinical topics, including proper medication administration, high-risk and IV medications, congestive heart failure, emergency first-dose dispensing, TPN and inotropic therapies, FrameworkVision platform management, MAC Rx policies and procedures, and other medication safety best practices.

We also provide medication pass observations, medication reconciliation support, and medication cart and room audits to help reinforce compliance, identify opportunities for improvement, and be survey-ready.



SOLUTION SPOTLIGHT: Nursing Services - *Continued*

- **Regulatory Guidance:** Staying current with state and federal regulations is essential. MAC Rx partners with facility leadership to support annual survey preparation, provide guidance on regulatory changes, and assist with quality improvement initiatives. Our goal is to help facilities feel prepared, confident, and survey-ready throughout the year. Additionally, our platform simplifies compliance with tracking and reporting tools that are easy to access and share.
- **A Collaborative Partnership:** Working alongside our consultant pharmacists and your interdisciplinary care team, our clinical nurses serve as a trusted resource for ongoing clinical and operational support. Through routine visits, staff education, medication safety initiatives, and collaborative problem-solving, we help facilities strengthen best practices and enhance resident care.

By combining clinical expertise, innovative technology, and personalized support, we help facilities deliver high-quality, resident-centered care every day.

[Click here](#) to learn more about our services.

MAC Rx News & Updates

Falls Prevention & Medication Management

Falls Prevention Awareness Week, observed on September 21-25, 2026, recognizes the importance of proactive strategies that help keep residents safe. Regular medication reviews, effective communication, and collaborative care all play a vital role in reducing fall risk and supporting healthier outcomes.

[Get the facts on falls prevention >](#)



Celebrating the Impact of Assisted Living!

Assisted living communities play a vital role in helping residents maintain their independence while receiving the support they need, and this #NationalAssistedLivingWeek we celebrate all who make a difference every day!

This year's theme, "Shining Through the Years," honors the lives, stories, and wisdom of residents, and the important role of caregivers and staff in helping them continue to shine.

At MAC Rx, our team is proud to support these communities with services that promote medication safety, simplify medication management, and help caregivers focus on providing exceptional care to residents.

Happy National Assisted Living Week!



LTC PHARMACY LEGISLATIVE UPDATES

At MAC Rx, we keep a pulse on the latest state and federal updates that impact long-term care and pharmacy services in Illinois, Indiana, and Wisconsin. From evolving CMS guidelines to specific state policy changes, our team actively tracks these developments to remain ahead in compliance, medication management, and resident care. See what's happening in our industry:

- **The Impact of Drug Price Negotiations on Seniors in Long-Term Care:** Report examining LTC pharmacy patients, the LTC pharmacy value proposition, and the urgent need for a sustainable payment model amid market instability and policy-driven drug price changes. [Access it here.](#)
- **Economic Impact of Medicare Part D Negotiated Drug Prices on Long-Term Care Pharmacy Economics:** Report developed by ATI Advisory for the Senior Care Pharmacy Coalition, sharing insights on how the LTC pharmacies could face meaningful revenue and operating margin reductions beginning in 2026. [Access it here.](#)

Here's to a Healthy Fall Season

Fall reminds us that preparation today helps create a healthier tomorrow. As the season begins, MAC Rx remains committed to supporting the health, safety, and well-being of the communities we serve. Wishing our facility partners, residents, and caregivers a safe, healthy, and joyful fall season!



MAC Rx is focused on providing the best-in-class long-term care pharmacy service in the industry. Our employees strive every day to care for the residents and caregivers we serve and treat like family. With a service-first mentality, we provide the lowest pricing in the industry as well as pharmacy consulting and nursing services to offer more value to our customers. [Contact us](#) to learn more.