



santé • health  
**NOVA** hudson

*“People we know,  
Caring for  
People we Love”*

NOVA Hudson provides:

- Nursing Care
- Palliative Care
- Foot Care
- Family Support
- Volunteer Services
- Adult Day Centre

465 Main, Suite 202 Hudson, QC J0P 1H0  
Tel: (450) 458-5727 Fax: (450) 458-5456

### **PROFESSIONAL HOME NURSING CARE**

Nursing assessments and treatment plans prioritize a patient's freedom of choice and family involvement. NOVA Hudson nurses are trained to treat, teach symptom management and coping strategies for a wide range of medical problems, including cancer care.

### **PALLIATIVE CARE**

When symptoms are well managed, remaining home to the end of life can be realized. This decision is made collaboratively with the patient, their family and the health care team. The nursing staff bridges the patient to their health care team while providing support to the family during regular home visits.

### **FOOT CARE**

Professional foot care prolongs independent living by maintaining mobility. Patients with decreased vision, diabetes, arthritis, circulation, and other related problems that prevent foot health are invited to a weekly foot clinic for hands-on foot care provided by the NOVA Hudson nursing staff.

### **CAREGIVER AND PRACTICAL SUPPORT**

Caring for a loved one is emotional and can be physically exhausting. On request, outside home caregivers can be recommended to assist with home care. NOVA Hudson maintains a large inventory of specialized medical equipment such as electric beds, wheelchairs, walkers and commodes that are available to patients.

We often have volunteer drivers to transport patients without support (family, friends) to and from treatment and medical appointments.

### **MENTAL HEALTH PROGRAM**

Complementing the mission to provide empathic and compassionate health care services, an experienced mental health support worker is available to provide short-term psychosocial support to clients, caregivers, family members, volunteers, and staff. Mental health support is confidential. It is characterized by active listening and a neutral non-judgmental space to talk about the challenges of caregiving. This service is optional and accessed through the nurses. Once engaged, the mental health support worker is active in the circle of care for a patient.

### **ADULT DAY CENTRE**

Social contact and cognitive stimulation promotes healthy connections to others, reduces social isolation and enhances self-worth, especially in individuals who are disabled or cognitively impaired. It also provides

respite for caregivers. The Adult Day Centre has developed a full day program of stimulating activities once a week in a local setting. All activities are supervised by a registered nurse, nursing aides and volunteers. Lunch is included.

### **NOVA HUDSON NEEDS YOUR SUPPORT**

NOVA Hudson is a charitable, non-profit organization that receives NO federal or provincial government funding. Our nurses are healthcare professionals providing outstanding care to patients in our community.

We rely on:

- Donations.
- Fundraising events.
- La Boutique NOVA and NOVA Maison proceeds.

### **DONATE • SHOP • SUPPORT**

Both stores are run entirely by volunteers with proceeds from the sale of the donated items going to NOVA Hudson:

#### **1) La Boutique NOVA**

434 Main, Hudson Québec J0P 1H0 | 450-202-6682

Nearly new seasonal clothing shop for men and women. Shoes, jewellery and accessories.

#### **2) NOVA Maison**

538 Main, Hudson Québec J0P 1H0 | 450-202-6006

Featuring furniture, antiques, paintings, chinaware, glassware, and household items. Books, children's clothing and toys. Upstairs Bridal Salon, evening wear, vintage, and accessories.

Both stores are open Tuesday through Saturday 10 am - 4 pm and Sunday 12 pm - 4 pm and have a designated drop-off area.



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Web site: [www.novahudson.com](http://www.novahudson.com)  
Email: [Admin@Novahudson.com](mailto:Admin@Novahudson.com)

*Volunteers staff our office Monday - Friday 10am - 12pm.  
Phone messages can be left at any time.*