

Weekly	Activity	Time	Group
Monday	On Piano - Ms Ng Bie Tin	4:00pm – 5:00pm	Sapphire (Musicians)
Tuesday	Hair-cutting	8:30am - 10:30 am	Sunstone
Thursday	Patients' Outing	8:30am - 12:00pm	Emerald
Friday	Happy Hour	4:15pm - 5:15pm	Sapphire
	On Piano - Mr Patrick Foo	12:30pm - 1:30pm	Sapphire (Musicians)
Saturday	Gardening	10:00 am - 1:00 pm	Topaz Sunshine
	On Piano - Mr Lin Xu Zheng - Dr Lai Kok Fung	3:00 pm - 4:00 pm 4:00 pm - 5:30 pm	Sapphire (Musicians)
	Massaging Patients	3.30pm - 5.30pm	Opal

Weekly	Activity	Time	Group
Monday 11 July 2022 8 August 2022 12 September 2022	Pet-Assisted Therapy (2nd Monday of the month)	3:00 pm – 4:00pm	Ruby
Wednesday 20 July 2022 17 August 2022 21 September 2022	Soup for Patients (3rd Wednesday of the month)	12:00pm - 1:30pm	Pearlie's Angel's
13 July 2022 10 August 2022 14 September 2022	On Piano - Ms Yuko Arai	10:30am-11:30am	Sapphire (Musicians)
Saturday 2 July 2022 6 August 2022 3 September 2022	Birthdays	3:00 pm - 5:00pm	Diamond
2 July 2022 6 August 2022 3 September 2022	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3:00pm – 4:00pm	Aquamarine
9 & 23 July 2022 13 & 27 August 2022 10 & 24 September 2022	Popular evergreen songs for patients	11:00am - 12:00pm	Charis Amethyst
9 & 23 July 2022 13 & 27 August 2022 10 & 24 September 2022	Saturday Afternoon Sing-Along	3:00pm - 5:00pm	Blue Sapphire
23 July 2022 27 August 2022 24 September 2022	Pet-Assisted Therapy	10:00 am - 11:00 am	Ruby
1 & 26 July 2022 6 & 20 August 2022 3 & 17 September 2022	Arts & Craft	2:00pm – 5:00pm	Crystal
Sunday 10 & 17 July 2022 14 & 21 August 2022 11 & 18 September 2022	Kopi & Roti Session	10:00 am - 12:00pm	Soka

For more information on DPH programmes, please contact:
Tok Shou Wee at Tel: 6500 6275 / HP: 9048 9174 or email shouwee_tok@doverpark.sg



Dover Park Hospice Volunteer Newsletter
July - September 2022 Issue

SOMETHING IS BREWING!

Project Lim Kopi, a popular activity with our patients and staff is back in action after a hiatus due to COVID-19. Let us invite our volunteers who are a part of Project Lim Kopi to share more with you.

Q1: Could you share with us your role in Project Lim Kopi and the differences between the adapted version of Project Lim Kopi, as compared to how it was like pre-COVID-19?

Sabrina Tan: I am the lady 'toastmaster', of bread. Aside from the different location, there is not much change to my role. I still toast and spread bread with kaya, butter, jam and peanut butter according to our patients' preferences. While the original "kopi-tiam" was air conditioned inside Dover Park Hospice Day Care, Project Lim Kopi is now located at the alfresco area which can be humid at times. Having said that, the "kopi-tiams" of the past do not have air-conditioning either. This makes it authentic!

Wong Choong Cheong: My role has not changed much, and I am still befriending and attending to the needs of the patients as I did pre-COVID-19. However, there are some minor



Project Lim Kopi activity photo

improvements to the ordering system. Being a senior, I can easily understand and communicate with many of the patients as I can speak English, Mandarin, Cantonese, Hakka and Malay. Conversing in various dialects allows me to forge a closer relationship with the patients and being their contemporary, we tend to share similar childhood and life experiences. Thus, we tend to get along well.

Taking the Road Less Travelled

We are proud of our Senior Staff Nurse from our Home Care service, Muhammad Ikliuddin Bin Abdul Rahmat who was one of the recipients for Nurses' Merit Award 2022. Through this interview, Ikli share his nursing journey and what this award means to him.



Muhammad Ikliuddin Bin Abdul Rahmat
Senior Staff Nurse, Home Care service

1. Why did you pursue nursing as a career?

I was encouraged to join nursing by a family friend who shared her passion for the job. I was inspired to join palliative nursing as the team showed me that palliative was not about death but was about how patients can live with dignity before their end of life. In order to do so, I took a Specialist Diploma in Palliative Nursing and pursued my passion in palliative nursing in the community.

her as she had trouble coping with increasing care needs and struggled to come to terms with her emotions.

On top of that, neighbours were not friendly towards her and thought she was denying her father of treatment in a hospital. On many occasions, the team had to intervene by providing emotional and mental support to his daughter after office hours, reaching out to their neighbours to defuse the situation, and in extreme cases, contacting the police.

However, with the good support from my nursing colleagues, medical and psychosocial teams, we were able to make our patient's wish of passing on in the comfort of his own home with his daughter around, a reality.

5. What does this award mean to you?

Winning this award makes me happy and felt that my hard work is acknowledged. It encourages me to give even more to my patients. At the same time, I feel humbled as none of this would be possible without the support of the wonderful team at Dover Park Hospice that always has my back.

6. Being a nurse for more than 10 years, do you have any encouraging words for those who wish to pursue nursing as a career?

I would highly recommend nursing as a career for anyone who's interested in helping others and making a difference in someone else's life.

2. Why did you join palliative nursing?

Upon graduating from Diploma in Nursing in 2009, I started working in the general medical ward nursing in an acute hospital. In 2018, I decided to join Dover Park Hospice Home Care team where the team has shown me that palliative was not about death but was about how patients can live with dignity before their end of life.

3. Do you face any challenges at work?

What keeps me going is that nursing allows me to help people. However, I have found it difficult to deal with patients and family at their end of life as I always feel that there is more that I could have done for them.

4. Can you share a memorable experience at work?

I have been blessed with many sweet memories of my patients and their families with every single connection holding a special place in my heart. One of the patients that made a lasting impression on me, was an elderly gentleman who stays alone in Singapore, with this family in Batam. When he fell ill, his daughter who was in her early twenties, fulfilled his wish and came to Singapore to care for him until his final days. However, it was not an easy process for

Q2. What were your thoughts/feelings when you heard about the resumption of Project Lim Kopi and being invited back to help out physically at DPH?

Sabrina Tan: Due to the pandemic, Project Lim Kopi was stopped and I am certain everyone involved was upset by its temporary suspension. I also reminisce the fun days, so when Project Lim Kopi was revived, I was super happy to come back and serve again.

Wong Choong Cheong: I was thrilled to find out that Project Lim Kopi had resumed. It means so much to the patients for them to be able to mingle and chat in a much lighter mood. To people in my generation, coffee shop talk is always a delightful experience among friends.



Project Lim Kopi activity photo

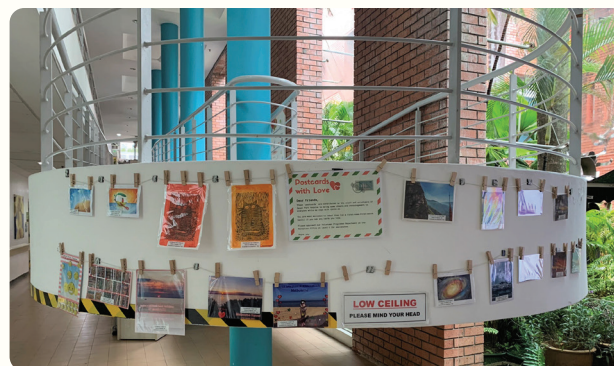
Postcard with Love

During COVID-19, when physical volunteering was paused, the Volunteer Programme team came up with an idea - "Postcard with Love". This project involved the staff and volunteers coming together to submit their postcard entries for display at Dover Park Hospice. These postcards consist of anything from pictures of scenery, to travel shots or any interesting, beautiful or adorable pictures to bring cheer and encouragement to everyone, while we brave through COVID-19. This also showcases the creativity and unique talent of staff and volunteers, in photography or painting.

The postcards were displayed in front of the lift, for patients, visitors and staff to enjoy. After their display period is over, these postcards will be available to any interested party who is keen on having them. During festive seasons, special editions of the postcards, such as Christmas and Lunar New Year themed postcards, were introduced to raise the festive spirits at the hospice.

'Postcard with Love' is a collective effort by

staff and volunteers with the aim to unite everyone together, foster an encouraging environment and uplift the morale of everyone, despite the halting of physical volunteering activities at the hospice. The Volunteer Programme team would like to extend a massive THANK YOU to all volunteers and staff who supported this project and we are looking forward to receiving more postcards! Special thanks to our staff for bringing the patients to view the postcards, which were well received by them.



Postcard with Love display