

Volunteer Schedule January to February

Weekly	Activity	Time	Group
Monday	On Piano – Ms Ng Bie Tin	4.00pm – 5.00pm	Vol. Pianist
Tuesday	Hair-cutting On Piano – Ms Yuko Arai	8.30am – 10.30am 10.30am – 11.30am	Sunstone Vol. Pianist
Wednesday	Library Volunteers On Piano – Ms Donna Samuel	10.00am – 12noon 4.00pm – 5.00pm	Sapphire Vol. Pianist
Thursday	Patients' Outing	8.30am – 12noon	Emerald
Friday	Happy Hour On Piano – Mr Patrick Foo	4.15pm – 5.15pm 5.00pm – 6.00pm	Happy Hour Group Vol. Pianist
Saturday	Gardening Arts & Craft On Piano – Mr Lin Xu Zheng – Dr Lai Kok Fung Massaging Patients	10.00am – 1.00pm 1.30pm – 3.00pm 3.00pm – 4.00pm 4.00pm – 5.30pm 4.00pm – 6.00pm	Topaz, Sunshine Crystal Vol. Pianist Opal
Sunday	On Piano – Mr Kelvin Hwang	5.30pm – 6.30pm	Vol. Pianist

Monthly	Activity	Time	Group
Monday			
9 Jan & 13 Feb	Pet-Assisted Therapy	2.30pm – 3.30pm	Ruby PAT
Wednesday			
18 Jan & 15 Feb	Soup for Patients	12.00noon – 1.30pm	Pearlie's Angels
Saturday			
7 Jan & 4 Feb	Birthdays	3.00pm – 5.00pm	Diamond, Aquamarine Moulmein CCC Ukelele Group
	Ukulele performance for patients by Moulmein CCC	3.00pm – 4.00pm	Aquamarine
7 & 21 Jan 4 & 18 Feb	On Piano – Ms Mikaela Low	10.30am – 11.30am	Vol. Pianist
14 Jan 11 & 25 Feb	Popular evergreen songs for patients	11.00am – 12.00noon	Charis Amethyst
	Saturday Afternoon Matinee	3.00pm – 5.00pm	Blue Sapphire
25 Feb	Pet-Assisted Therapy	10.00am – 11.00am	Ruby PAT
Sunday			
8 & 15 Jan 12 & 19 Feb	Kopi & Roti Session	10.00am – 12.00noon	SOKA Volunteers

Training Courses	Date	Time	Venue
<i>Courses are conducted in English</i>			
Introduction to volunteering at DPH	10 Jan	7.00pm – 8.00pm	Resource Room

For more information on DPH programmes, please contact:
Tok Shou Wee at Tel: 6500 7265 / HP: 9048 9174 or email shouwee_tok@doverpark.sg

ChitChat



DOVER PARK HOSPICE
Every Moment Matters

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Jan - Feb 2017

Screen Time with the DPH Sapphire Befrienders

Befrienders, from the Sapphire Befriending Group, are the ones who have been supporting all the Movie Nites.

Because of the condition of our patients and because of their frailty, it is impossible to bring our patients out for a movie. As such, we bring the movies to our patients ... Just so that they may enjoy them, particularly locally-produced ones, so that they can identify with what's happening in them, in comfort.

Sapphire Befrienders help wheel patients to the movie screening venue; ensure that our patients have refreshments/dinner; accompany the patients while they watch the movies; and ensure that they are comfortable, to the extent that they make sure that patients don't feel too warm or too cold (they will help obtain blankets if patients are feeling cold, for instance, or if they need additional pillows, and so on). When the movie ends, they will help patients head back to their wards. When the patients' family members are around, these Volunteers also help make them feel welcomed.

Movie Night/ Sapphire Befriender

SABRINA TAN:

I have been a befriender with DPH for about a year now. I empathize with our patients as they are unable to live like us, in that they are in an inevitable position at this stage of their lives. Bringing a movie theatre to them, I thought, was the greatest idea. It is one of our top Singaporeans' pastime. Being at the movies allows some distraction from their illness, and at the same time, enable patients to enjoy moments of normalcy.



Although we cannot interact much with them during the screening, sitting with them, I believe, brings solace and company. While I have not asked them about how they feel about the movie arrangement, I believe they usually would enjoy the show. In addition, this is also a "time-out" for the caregivers; allowing them time to get away from care-giving duties for a while.

The journey, for me, has been rewarding so far; I have learnt lots from both the caregivers and the patients. Treating them as normal as possible is always what I try to do.



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CHANDRAN NAIR:

All along, I have been helping with feeding of the patients at the Hospice. So, Movie Nite was certainly a new territory to me. However, the congenial setting allows for interaction with our resident patients and their families.



Typically, the family members are pleasantly happy that we are engaging their loved ones in more ways than one. Not forgetting that we also serve delicacies while the movie is playing. I must say that the residents are usually engrossed in the movie, especially when a few of our Volunteers give the residents a light massage, to ensure that they are comfortable.

For the Team, I feel that the opportunity to serve and to spend time meaningfully is our reward for the work we are doing. Being with the Team also allows me to interact with fellow Volunteers, and get to know them better. In all, there is no greater joy than to see residences' smiling back at us.

