

Volunteer Schedule May to June 2018

Weekly	Activity	Time	Group
Monday	On Piano – Ms Ng Bie Tin	4.00pm – 5.00pm	Sapphire (Musicians)
Tuesday	Hair-cutting	8.30am – 10.30am	Sunstone
Wednesday	Library Volunteers	10.00am – 12.00pm	Sapphire
Thursday	Patients' Outing On Piano – Ms Yuko Arai	8.30am – 12.00pm 9.00am – 10.00am	Emerald Sapphire (Musicians)
Friday	Happy Hour On Piano – Mr Patrick Foo	4.15pm – 5.15pm 5.00pm – 6.00pm	Sapphire Sapphire (Musicians)
Saturday	Gardening On Piano – Mr Lin Xu Zheng Dr Lai Kok Fung	10.00am – 1.00pm 3.00pm – 4.00pm 4.00pm – 5.30pm	Topaz Sunshine Sapphire (Musicians)
	Massaging Patients	4.00pm – 6.00pm	Opal
Sunday	On Violin – Ms Samyukta Balsubramani On Piano – Mr Kelvin Hwang	11.00am – 12.00pm 5.30pm – 6.30pm	Sapphire (Musicians)

Monthly	Activity	Time	Group
Monday 14 May & 11 Jun	Pet-Assisted Therapy	2.30pm – 3.30pm	Ruby
Wednesday 16 May & 20 Jun	Soup for Patients	12.00pm – 1.30pm	Pearlie's Angels
Saturday 5 May & 2 Jun	Birthdays	3.00pm – 5.00pm	Diamond
5 May & 2 Jun	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3.00pm – 4.00pm	Aquamarine
5 & 19 May 2, 16 & 30 Jun	On Piano – Ms Mikaela Low	10.30am – 11.30am	Sapphire (Musicians)
12 & 26 May 9 & 23 Jun	Popular evergreen songs for patients	11.00am – 12.00pm	Charis Amethyst
12 & 26 May 9 & 23 Jun	Saturday Afternoon Sing-Along	3.00pm – 5.00pm	Blue Sapphire
26 May & 23 Jun	Pet-Assisted Therapy	10.00am – 11.00am	Ruby
5 & 19 May 2 & 16 Jun	Arts & Craft	2.00pm – 5.00pm	Crystal
Sunday 13 & 20 May 10 & 17 Jun	Kopi & Roti Session	10.00am – 12.00pm	Soka Moonstone

Training Courses	Date	Time	Venue
<i>Courses are conducted in English</i>			
Introduction to volunteering at DPH	21 May (Monday)	7.00pm – 8.00pm	Resource Room
Basic Palliative Care Part 2 – Session 1	5 May (Saturday)	9.00am – 4.30pm	Resource Room
Basic Palliative Care Part 2 – Session 2	12 May (Saturday)	9.00am – 4.30pm	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.org.sg



Newsletter for Dover Park Hospice Volunteers • Thank you for Volunteering

May - Jun 2018

Volunteer Doctors find purpose at Dover Park Hospice

We are privileged to have Volunteer Doctors working alongside our medical staff at Dover Park Hospice. Dr Yew Woon Si joined DPH in 2016 and Dr Kwek Kon Yew joined more recently in 2017, both as Volunteer Doctors. They talk to us about what motivates them in their work here at DPH, and give us a taste of their experiences while volunteering.

What fuels your motivation to help patients as a doctor?

Dr Yew My belief is that we are placed in our jobs by God to reach out to our patients. We have a choice to just treat patients as patients, or to go a bit further and reach out to them as friends or relatives. When patients come to us, by nature of their medical problems, they probably feel vulnerable and scared. So even just the simple act of displaying kindness and empathy goes a long way with them.

Dr Kwek During my formative years, my father fought a long battle with cancer. In making that journey with him, I saw the work of compassionate and highly competent doctors from the perspective of a patient's son; and was naturally drawn to Medicine because I wanted to be like the doctors who treated my father. For a variety of reasons, I have now ended up in the pharmaceutical industry as a career choice but still continue to practice Medicine on a pro bono basis because I remain passionate about helping people with the skills that I have acquired as a doctor. It's a special privilege to serve patients and their families in this way, especially at the patients' end of life, when good palliative care goes a very, very long way in improving quality of life and enabling patients to die a dignified death.



How has volunteering at DPH enhanced your career or your own personal development?

Dr Yew My job in Singapore General Hospital is as an Intensive Care Doctor in the burns ICU. There we go all out to cure the patient and get the patient out of the hospital. But the work in DPH is the polar opposite. The empathy and communication skills that I have picked up from the wonderful staff at DPH, helps me in my workplace as I am able to communicate with and support the relatives of my patients better.

Dr Kwek Volunteering as a physician at DPH is simply a meaningful thing to do with my life and I hope that on my deathbed, I can look back and say that I have lived my life well by helping others. I am very thankful to my company for being supportive of my volunteer work at DPH, though there's no commercial benefit for them.

Do you have any memorable experiences with patients at DPH?

Dr Yew There have been several young patients in DPH that have touched me personally. I put myself in their shoes and I think it would be such a terrible struggle for me. Yet these patients exhibit a peace and serenity beyond their years. I have much to learn from them.

Dr Kwek Interacting with patients and their families during such difficult times in their lives makes every encounter a memorable one. But perhaps my most memorable experience was meeting one of my first patients at DPH. He was the same age as me (i.e. young!) and he hated doctors. I was studying for my Graduate Diploma in Palliative Medicine back then. Thankfully, we got along very well. He was an author and I enjoyed reading his short stories and getting to know him better. I learnt so much about palliative care from him!



Keeping Vigil at Dover Park

Being a Vigil Volunteer is a unique and profound role. We find out more about what keeping vigil entails in this interview with Dawn Chua, a vigil volunteer since 2014. She is also part of the Massage Therapy Group.

Why did you decide to volunteer at DPH, and then to become a vigil volunteer?

The deterioration of the physical body is inevitable for everyone. Serving the patients in their last days teaches me many things. It helps me to appreciate life more and live as a better person. Serving at the hospice is a great privilege for me; to be able to witness patients receiving some level of comfort from our help, to see their spirits lift amidst their terminal illness, and even smile, is extremely rewarding. Becoming a vigil volunteer was quite a natural decision for me, as I believe the mission of not wanting to let anybody die alone resonates with many people's hearts, not just mine. To be able to accompany patients in their final lap is an honour and a humbling experience to me. If I have the opportunity to truly contribute in this way, why not?

What has being a vigil volunteer taught you?

Silence is a powerful presence. Silent prayers for the patients could be the greatest respect and service we could give, as words are meaningless in those final moments. Frankly speaking, I am more aware of my own inadequacies in those moments. As I meditate and pray in silence for the patients, I also gain an insight into my own fears and emotions. It is both privilege and honour to be present.

Do you have any memorable experiences keeping vigil at DPH?

I would say that every experience with a patient is a unique and important one. Sitting by their side and watching them, seeing them slowly lose their breath reminds me of what Lord Buddha said, "The span of a man's life is like a single breath." I often ask myself, would I be at peace in my final moments? I never know the answer to this. After the vigil session is over, I meditate and learn to let go, and hope I would be able to serve in a better capacity when the next opportunity arises.

