

Volunteer Schedule July to August 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 9 Jul & 13 Aug	Pet-Assisted Therapy	2.30pm – 3.30pm	Ruby
Wednesday 18 Jul & 15 Aug	Soup for Patients	12.00pm – 1.30pm	Pearlie's Angels
Saturday 7 Jul & 4 Aug	Birthdays	3.00pm – 5.00pm	Diamond
7 Jul & 4 Aug	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3.00pm – 4.00pm	Aquamarine
7 & 21 Jul 4 & 18 Aug	On Piano – Ms Mikaela Low	10.30am – 11.30am	Sapphire (Musicians)
14 & 28 Jul 11 & 25 Aug	Popular evergreen songs for patients	11.00am – 12.00pm	Charis Amethyst
14 & 28 Jul 11 & 25 Aug	Saturday Afternoon Sing-Along	3.00pm – 5.00pm	Blue Sapphire
28 Jul & 25 Aug	Pet-Assisted Therapy	10.00am – 11.00am	Ruby
7 & 21 Jul 4 & 18 Aug	Arts & Craft	2.00pm – 5.00pm	Crystal
Sunday 8 & 15 Jul 12 & 19 Aug	Kopi & Roti Session	10.00am – 12.00pm	Soka Moonstone

Training Courses	Date	Time	Venue
<i>Courses are conducted in English</i>			
Orientation for volunteers	7 Jul (Saturday)	9.00am – 1.00pm	Resource Room
Basic Palliative Care Part 1	4 Aug (Saturday)	9.00am – 4.00pm	Resource Room
Basic Palliative Care Part 2 – Session 1	18 Aug (Saturday)	9.00am – 4.30pm	Resource Room
Basic Palliative Care Part 2 – Session 2	25 Aug (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.sg

ChitChat



Newsletter for Dover Park Hospice Volunteers • Thank you for Volunteering

Jul – Aug 2018

Our Motivation, Our Inspiration



We are honoured that our staff and volunteers received the Healthcare Humanity Award in April 2018 for their respective distinguished services. Their recognition serves as a reminder that we all can play a role in our community. Thank you Dr Hoh Sek Yew, Mdm Cheek Boon Kiew, Mr Koh Wee Chee and the late Mr Tan Seng Hoo.

Here are their inspiring stories.

My motivation for the last 10 years in palliative care



What motivates you every day when you go to work?

Having worked in the field of palliative care for about 10 years, what drives me daily is the holistic approach adopted in trying to

understand the situations of patients and their loved ones - appreciating and embracing the complexity of the problems; enriching ourselves with their life stories, experiences, struggles, heart-rending moments or jubiliations; and being open-minded and exercising creativity in trying to help solve some of – if not all – their significant problems. In solving these problems, we help relieve the suffering and pain they face. For problems perceived to be “unsolvable”,

we make the effort to build meaning and interconnections, with the hope of bringing a sense of active optimism and growth. This eventually uplifts the spirits of everyone involved, towards living and dying.

From a medical professional perspective, what are your thoughts and advice for hospice volunteers in Singapore?

Volunteers are a critical component of care, because they form not just the ‘heart’, but also partly, the ‘brain’ of hospice care. I may not be best placed to provide advice, but for volunteers who are newly involved in direct patient contact or contact with the patient’s loved ones, listening to their stories can be emotionally challenging, hence cultivating self-care and self-awareness/introspection is crucial.

I volunteer to serve

What inspires you to continue volunteering for so many years?

My many years of volunteering are guided by the same single conviction of serving patients. When my mother passed away from cancer, I was inspired to help others. 'Befriending' and 'Care' are the two values that constantly sit in my mind. I feel fortunate to have fulfilled a long-time wish to be a Dover Park Hospice volunteer. In a blink of an eye, it's more than a decade of volunteering.

When you first volunteered, what challenges did you encounter? How did you overcome them?

I was nervous when I first stepped into the ward following my training at Dover Park Hospice. I neither knew how to start a conversation nor communicate with the patients, but just quietly sat beside them. After going through many rounds of befriending, I eventually overcame this psychological barrier and gained more confidence.

How would you encourage the younger generation to volunteer at a hospice? What is your advice to them?

Many charities, especially the hospices, are presently lacking younger volunteers. Younger volunteers might find it overwhelming when serving beneficiaries of many different profiles and needs. They may face challenges in speaking Chinese dialects and dealing with matters concerning dying and death. While it is mostly a psychological barrier they have to overcome, they can do so when they develop a better understanding of the role and significance of the hospice. The hospice is also a place for one to grow and develop our humanity – to learn the values of befriending and caring for others, and express them for the benefit of our personal selves, families, loved ones, friends and society.



Using our different skills to help others

What inspires you to continue volunteering for so many years?

I had a first-hand encounter with a cancer patient, who was a friend's family member. I was deeply saddened by the suffering and helplessness of the patient. At that

point in time, I prayed to have the strength and ability to help those in need when the time is appropriate. When my three daughters graduated and found work, I had the opportunity to fulfil my wish to be a volunteer.

As I learned that different patients each have different sets of needs and that volunteers like myself each have a certain set of skills, we organised ourselves as a group and came together to serve them. I am grateful for the support and solidarity of the group, which have continuously inspired me to serve till today.



When you first volunteered, what challenges did you encounter? How did you overcome them?

In my time as a volunteer, I learned that life is impermanent and very fragile. When you fall sick, you will need help and support, but your family members may not be around. My belief that no patient deserves to be lonely and unaccompanied compels me to step forward and be a friend to them. Befriending allows me to give them the much-deserved warmth, kindness and company in the last moments of their lives.

How would you encourage the younger generation to volunteer at a hospice? What is your advice to them?

I encourage youngsters, if they have the time and capability, to find some time to help cancer patients. Give them company and conversation, and give them the warmth and support they need in their last legs of life.

A fruitful life: Son reflects on late father's hospice volunteering work

From Mr Cyril Tan, son of late Uncle Seng Hoo.

Has Mr Tan shared any thoughts on his motivation to volunteer, as well as the challenges he initially faced as a volunteer?

My father shared very little about his volunteering days. What the family knows very well is that the strongest motivation for my father to volunteer for the hospice back in 1994 was the passing of my aunt in 1993 to cancer. This is in addition to both my grandparents passing at an early age (also due to cancer) and left behind 5 children, including my father. My aunt, who is my father's dearest eldest sister, brought him up and helped him with his studies when he was young. As such, he felt extremely indebted to her. From his 20s to 40s, he worked to support 2 households – my aunt's and ours. Most of my father's family members have either died of cancer or been diagnosed with cancer. My father's journey to learn more about this terrible illness motivated him to be a hospice volunteer.



What does this award and recognition mean for your family? And how would you like Mr Tan to be remembered?

My father seldom talked about his hospice volunteer work. He also seldom shared his woes at work before he started working at HCA. In the earlier days, about more than 20 years ago, my father worked two jobs – a day job in SIS sugar and an evening job as a tuition teacher. After his SIS days, he spent a lot of time with hospice volunteer work for over 20 years. For about 50 years, without fail, he woke up at 5am to 5.30am every morning and took the bus to work; he did not like taking the MRT. If you asked what the award means for the family, I will say it represents and honours the 66 years of Tan Seng Hoo's life – a busy bee, responsible worker, faithful and passionate about his work; a caring father who does not spend his weekends resting but buying groceries (keeping our home well-stocked with goodies) and a soul mate to all his good friends. Even in his final days, my father was still assisting to tie up loose ends at HCA (where he worked). My father did not live till 90 like Mr Lee Kuan Yew but I believe his life was equally as fruitful.