

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	11.00am – 12.00pm	Sapphire (Musicians)

Monthly	Activity	Time	Group
<b>Monday</b>			
12 Nov & 10 Dec	Pet-Assisted Therapy	2.30pm – 3.30pm	Ruby
<b>Wednesday</b>			
21 Nov & 19 Dec	Soup for Patients	12.00pm – 1.30pm	Pearlie's Angels
<b>Saturday</b>			
3 Nov & 1 Dec	Birthdays	3.00pm – 5.00pm	Diamond
3 Nov & 1 Dec	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3.00pm – 4.00pm	Aquamarine
10 & 24 Nov 8 & 22 Dec	Popular evergreen songs for patients	11.00am – 12.00pm	Charis Amethyst
10 & 24 Nov 8 & 22 Dec	Saturday Afternoon Sing-Along	3.00pm – 5.00pm	Blue Sapphire
24 Nov & 22 Dec	Pet-Assisted Therapy	10.00am – 11.00am	Ruby
3 & 17 Nov 1 & 15 Dec	Arts & Craft	2.00pm – 5.00pm	Crystal
<b>Sunday</b>			
11 & 18 Nov 9 & 16 Dec	Kopi & Roti Session	10.00am – 12.00pm	Soka Moonstone

Training Courses	Date	Time	Venue
<i>Courses are conducted in English</i>			
Nil	Nil	Nil	Nil

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

Newsletter for Dover Park Hospice Volunteers • Thank you for Volunteering

Nov – Dec 2018

## Mid Autumn Celebrations Organised by Jade Group Volunteers

On 23 Sep 2018, DPH patients and their family had a reunion with Council Members, Staff and Volunteers of DPH, to celebrate Mid-Autumn Festival. Everyone enjoyed dance performances put up by The Loving Heart Dance Troupe and wonderful rendition of popular songs by TENG Ensemble (like 'The Moon

Represents my Heart'). Everyone present was so moved by the music and started singing along. In addition, volunteer emcee Mr Han tickled everyone with his humour and witty comments. Everyone was also treated to scrumptious mooncakes and buffet spread on that evening.





## Project Lim Kopi

'Project Lim Kopi' has made its debut in DPH in the month of May 2018.

The idea for the project was sparked off when our Medical Social Workers noticed that patients being away from the comfort of their own home seem to have affected their quality of life, resulting in higher probability of patients dealing with adjustment issues. Most of our patients used to hang out at coffee shops with their friends and acquaintances, prior to being admitted to the hospice. It is not surprising that they had previously received their social and emotional support from passing their time at coffee shops with their fellow friends.

'Project Lim Kopi' was conceived with the aim to provide a meaningful and familiar platform to restore a certain level of normalcy in our patients' lives. This project also aims to create an opportunity for patients, caregivers, volunteers and staff, to foster new friendships and provide social support to one another.

To date, 'Project Lim Kopi' has been up and running for about 6 months, having served about 140 patients and 60 caregivers. This initiative has been made successful with the enthusiastic support of our volunteers who come faithfully every Friday to make aromatic tea and coffee for us all, not forgetting the yummy kaya butter toast. We hope that this little initiative will bring a smile to each person, whom we have the honour to serve. Do drop by our humble 'Kedai Lim Kopi' (level 1, Al-Fresco area), every Friday at 10am, grab a kopi or teh and mingle with us! - MSW Chew Li Sien

When asked how Volunteers contribute to this staff-led activity, Volunteer Soon Thiam has the following to add: Volunteers help to set up tables, chairs, lay out the cutlery, and get ready to prepare the kopi and teh before patients arrive. MSWs or Volunteers will ask patients what they wish to have and Volunteers in charge will prepare them accordingly. These can be coffee with sugar, strong or diluted, coffee with evaporated milk or coffee with condensed milk.



The same goes with tea, milo or even Horlicks. Patients can also request for toasts with kaya, butter or peanut butter. Occasionally, cakes are served as well. MSWs and Volunteers take the opportunity to interact with patients or play games with them. Patients tend to be more chatty during these sessions. Patients' family members are welcomed to join in as well. As such, it is also a time for MSWs and Volunteers to get to know patients their family better. Patients reminisce about their early years and talk about the coffee they used to savour. DPH volunteer are skilled at making comparable drinks to those served from these coffee shops which they frequent. I think patients like these sessions and they always go for second helping. So, we got to believe them! There were instances where patients wanted to pay for their beverages plus those for the other patients.

## DPH's Volunteer Programme Management Team

5<sup>th</sup> November is International Volunteer Managers Day. As such, let us hear from the team managing the Volunteer Programme here at DPH.

### Why did you choose to work in a Hospice setting?

**Pearl:** I choose to work in Hospice setting as I find that it is an environment where I can learn valuable life lessons and also experience meaningful activities conducted by volunteers.

**Yue Feng:** I did not specifically choose a Hospice setting to work in. About 3 years ago, I thought of a career switch from the private sector and chanced upon the recruitment advertisement for the Volunteer Programme position at Dover Park Hospice. I guess it is a part of my character, having a natural inclination to work in the social service sector for a good cause.

**Shou Wee:** I find it really meaningful to support the journey of our patients, and learning from them, as well as from the experience along the way, on what really matters in our own lives.

### What would you like to say to DPH's Volunteers?

**Pearl:** Thank you for being such an inspiration to me! Every volunteer matter and I hope to see you soon!

**Yue Feng:** "Volunteers are not paid, not because they are worthless, but because they are priceless" - Sherry Anderson. Thank you very much for your contribution to our organization and towards our patients.

**Shou Wee:** All our Volunteers are our inspiration - contributing in your own ways and expecting nothing in return. I have lots to learn from you all.

