

Weekly	Activity	Time	Group
Monday	On Piano – Ms Ng Bie Tin	4:00pm – 5:00pm	Sapphire (Musicians)
Tuesday	Hair-cutting	8:30 am - 10:30 am	Sunstone
Thursday	Patients' Outing	8:30 am - 12:00 noon	Emerald
	On Piano – Ms Yuko Arai	9:00 am - 10:00 am	Sapphire (Musicians)
Friday	Happy Hour	4:15 pm - 5:15 pm	Sapphire
	On Piano – Mr Patrick Foo	5:00 pm - 6:00 pm	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	Sapphire (Musicians)
		4:00 pm - 5:30 pm	
	Massaging Patients	4:00 pm - 6:00 pm	Opal
Sunday	On Violin – Ms Samyukta Balsubramani	11:00am - 12:00pm	Sapphire (Musicians)

Monthly	Activity	Time	Group
Monday 11 March 8 April	Pet-Assisted Therapy (2nd Monday of the month)	3.00 pm – 4.00pm	Ruby
Wednesday 20 March 17 April	Soup for Patients (3rd Wednesday of the month)	12:00 noon - 1:30 pm	Pearlie's Angels
Saturday 2 March 6 April	Birthdays (1st Saturday of the month)	3:00 pm - 5:00 pm	Diamond
		2 March 6 April	
9 & 23 March 13 & 27 April	Popular evergreen songs for patients	11:00 am - 12:00 noon	Charis Amethyst
9 & 23 March 13 & 27 April	Saturday Afternoon Sing-Along	3:00 pm - 5:00 pm	Blue Sapphire
23 March 27 April	Pet-Assisted Therapy	10:00 am - 11:00 am	Ruby
6 & 16 March 6 & 20 April	Arts & Craft	2:00 pm – 5:00 pm	Crystal
Sunday 10 & 17 March 14 & 21 February	Kopi & Roti Session	10:00 am - 12:00 noon	Soka Moonstone

Date	Training Courses	Time	Venue
Saturday 16 March	Orientation Training	8.30am - 1.30pm	Training Room
Saturday 23 March	Basic Palliative Care Volunteer Training for Volunteers (Part 1)	9.00am – 3.00pm	Training Room
Saturday 6 & 13 April	Basic Palliative Care Volunteer Training for Volunteers (Part 2)	9.00am – 5.00pm	Training Room

For more information on DPH programmes, please contact:
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ChitChat



DOVER PARK HOSPICE
Every Moment Matters

Newsletter for Dover Park Hospice Volunteers • Thank you for Volunteering

Mar-Apr 2019



met with the nurses and staff.

On Tuesday, 29 January 2019, the President of Singapore, Mdm Halimah Yacob visited Dover Park Hospice (DPH). She was given a tour of the hospice's premise where she

PRESIDENT HALIMAH YACOB VISITS DOVER PARK HOSPICE

During her tour of the wards, the President met with our patients, Mdm Mary Tang, Mr Ong Hock Seng, late Mr Lim Yock San and the late Mdm Lee Ah Soo. Thrilled to have a moment with the President, Mdm Tang reminisced over memories from a photo album she compiled of the recent trip she took at Gardens by the Bay with DPH volunteers. Also, the President had several light-hearted moments with the family members of late Mdm Lee Ah Soo who were happy to meet her and also presented a bouquet of flowers to the President.

In appreciation of the visit by the President, Mr Robert Chew, Chairman of DPH, presented her a book on the life of our late patient, Mdm Sutiah Bte Rapan and a swan origami handcrafted by one of our patients who has passed on.

In addressing the media, Madam President shared, "It is important to ensure that we continue to give strong support for affordable, accessible and good quality palliative care so that people can die in dignity".



Serenading in Joyous Spring at Dover Park Hospice



Chinese New Year (CNY) is a highly anticipated time of the year for family, relatives, and friends of our patients here at Dover Park Hospice (DPH) and it traditionally marks a significant moment of celebration for them.

On Sunday, 17 February 2019, DPH's volunteers from Jade Group organised a CNY dinner for our patients. They arrived early to beautify the event hall using lanterns, paper cuttings, couplets and other decorative items. Some of the volunteers also prepared CNY goodies such as pineapple tarts, fortune cookies, agar agar and many more delicious delicacies. We were honoured to have Mr Alex Yam, Member of Parliament for Marsiling-Yew Tee Group Representation Constituency to grace the event and bring festive cheers in visiting our patients in the wards.

The volunteers also lined up an evening of performances from Yew Tee Community Club Chinese Orchestra, Loving Heart Dance Troup and the Master of Ceremony Mr Han An Juan with the much-anticipated Lion dance and "Lo-hei" for our patients who enjoyed it together with a scrumptious buffet spread. The evening climaxed when the volunteers performed a group dance and sing-along session which were well-received to much laughter from the crowd.

Thank you, Volunteers of Jade Group, for your immense effort in organising this CNY celebration for our patients, year after year. We look forward to having you back for the Parents' Day celebration.



Namaste Care™ Training

Dover Park Hospice (DPH) is honoured to have the Founder of Namaste Care, Professor Joyce Simard, who visited us and conducted training session for our staff and volunteers on 15 January 2019. Our Art Therapist, Ms Gillian Ong shares her experience on the training:

Could you share some important takeaways after having participated in the training by Prof Joyce Simard here at DPH?

The Namaste Care Programme is founded on two core principles – loving touch and calming environment. There are not just one but many ways to incorporate this into the daily care of our patients.

In introducing different sensory modalities such as a sense of touch with gentle hand massage or brushing of the hair, we offer our patients a gentle and mindful presence; being unhurried as we engage with them. We also use calming scents to soothe and comfort and at times, old photographs or objects that can stimulate reminiscence or a comforting memory. As we integrate these as part of Namaste Care, we see that what we are really doing is not about trying to complete a task, but finding a way to connect with the patient in a genuine, gentle manner and enabling them to be felt, seen, heard and cared for.

What is a challenge you encountered when working with our patients, and how did the training programme help in your work of improving our patients' quality of life?

There are times patients have difficulties conversing, sustaining attention or are simply too ill to interact. Namaste Care can go beyond these limitations and engage the patient in a loving, gentle manner, without them needing to exert too much energy. It is a moving experience to be able to offer comfort in such circumstances, especially when you see the patient respond affirmatively, such as visibly looking more comfortable, dozing off into a peaceful sleep, or feeling a lot more relaxed and at ease. At the end of the day, what we want is to comfort the spirit within our patients.

How does the training programme help you in enhancing your perceptions with regards to providing quality of care here at DPH?

As the saying goes "it takes a village to raise a child", it takes a community to care for one person. The essence of Namaste Care has taught me that as the body falters, there is still a person that exists in the patient. It is possible for all of us, no matter what role we play, to care and comfort in a way that help them not just to exist, but to truly live. Perhaps, the quote from the American author, Richard Bach, best sums what I see as quality of care at end-of-life. "What the caterpillar calls the end of the world, the master calls a butterfly."

