

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

Monthly	Activity	Time	Group
<b>Monday</b> 11 March 8 April	Pet-Assisted Therapy (2nd Monday of the month)	3.00 pm – 4.00pm	Ruby
<b>Wednesday</b> 20 March 17 April	Soup for Patients (3rd Wednesday of the month)	12:00 noon - 1:30 pm	Pearlie's Angels
<b>Saturday</b> 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
<b>Sunday</b> 10 & 17 March 14 & 21 February	Kopi & Roti Session	10:00 am - 12:00 noon	Soka Moonstone

Date	Training Courses	Time	Venue
<b>Saturday</b> 16 March	Orientation Training	8.30am - 1.30pm	Training Room
<b>Saturday</b> 23 March	Basic Palliative Care Volunteer Training for Volunteers (Part 1)	9.00am – 3.00pm	Training Room
<b>Saturday</b> 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:  
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

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."





每周	项目	时间	组别
星期一	钢琴演奏 黄美珍小姐	下午4点至5点	蓝宝石组(音乐家)
星期二	为病人理发	早上8点30分至10点30分	太阳石组
星期三	图书馆时间	早上10点至12点	蓝宝石组
星期四	户外活动 钢琴演奏 - Ms Yuko Arai	早上8点30分至12点 早上9点至10点	翡翠组 蓝宝石组(音乐家)
星期五	欢乐时光 钢琴演奏 - Mr Patrick Foo	下午4点15分至5点w15分 下午5点至6点	蓝宝石组 蓝宝石组(音乐家)
星期六	园艺活动 钢琴演奏 - 林旭征先生 - 赖国芳博士 按摩舒缓疗程	早上10点至下午1点 下午3点至4点 下午4点至5点30分 下午4点至6点	黄宝石阳光组 蓝宝石组(音乐家) 蛋白石组
星期天	小提琴演奏 - Ms Samyukta Balsubramani	早上11点至12点	蓝宝石组(音乐家)

每月	项目	时间	组别
星期一 3月11日, 4月8日	宠物陪伴关怀日 (每个月的第二个星期一)	下午3点至4点	红宝石组
星期三 3月20日, 4月17日	为病友烹调汤品 (每个月的第三个星期三)	中午12点至1点30分	珍珠天使组
星期六 3月2日, 4月6日	庆生会 (每个月的第一个星期六)	下午3点至5点	钻石组
3月9、23日 4月13、27日	摩棉经禧区四弦琴团队演奏 经典乐曲欣赏 午后的旋律	下午3点至4点 早上11点至12点 下午3点至5点	蓝晶组 紫晶组 蓝宝石组
3月23日 4月27日	宠物关怀陪伴日	早上10点至11点	红宝石组
3月6、16日 4月6、20日	手工艺活动	下午2点至5点	水晶组
星期天 3月10、17日 4月14、21日	咖啡与吐司时间	早上10点至12点	创价月光石组

日期	培训课程	时间	地点
星期六 3月16日	新进义工培训课程	早上8点30分至下午1点30分	资讯室
星期六 3月23日	基础关怀护理培训课程1	早上9点至下午3点	资讯室
星期六 4月6、13日	基础关怀护理培训课程2	早上9点至下午5点	资讯室

想要报名或了解托福园最新活动的详情, 请联络:  
卓晓慧 (电话) 6500 7265 / (手机) 9048 9174 / (电邮) shouwee\_tok@doverpark.sg

# ChitChat



DOVER PARK HOSPICE  
Every Moment Matters

托福园义工通讯 • 感谢您的志愿服务

2019 3月 / 4月

## 总统莅临托福园



新加坡总统哈莉玛女士在2019年1月29日(星期二), 参访了托福园。

在参观院内的设施的当儿, 她也会见了护士和工作人员。

在参观病房的时候, 总统会见了病患, 鄧雪梅女士、王福成先生、已故病患林育山先生和李亚蕪女士。鄧女士很高兴可以与总统相处, 她从相册中回忆起了自己最近与托福园义工们一起到滨海湾花园出游的照片。此外, 已故病患李女士的家人也都

很高兴和总统度过轻松愉快的时光。他们还向总统献上了一束鲜花。

为了感谢总统的拜访, 托福园主席周永明先生呈献了总统一本关于我们已故病患 Sutih Bte Rapan女士描述她在托福园生活的书, 还献上由我们的一位病患手工制作的天鹅折纸。

接受媒体访问时, 哈莉玛总统说, 重要的是我们在确保临终护理服务是国人负担得起的同时, 也要保证国人能较容易地, 高质量地获得这项服务, 因为人们都希望有尊严地离世。





## 欢喜过新年春意托福圆



在托福园，对于我们的病患、家人、亲戚和朋友来说，春节是一年中备受期待的节日，是大家欢庆的重要时刻。

托福园宝玉义工团队在2019年2月17日（星期日）为病患举行了“欢喜过新年春意托福圆”晚会。义工们很早就来到活动大厅以灯笼、剪纸、对联和其他装饰品来美化场地。一些义工也带来了应节的美食，如黄梨塔、幸运饼干、燕菜和众多的美味佳肴。我们很荣幸马西岭-油池集选区国会议员任梓铭先生的出席。他也到病房探望了我们的病患，给他们带来了节日的欢呼。

义工们除了安排由油池民众俱乐部的华乐团和爱心舞蹈团所呈现的余兴节目外，还有司仪韩安元先生，和期待已久的舞狮表演，以及和病患一起欢乐“捞起”鱼生的当儿，也享用丰盛的自助餐。当晚的高潮是义工们所呈现的舞蹈和大家一起唱。大家都很开心地笑了起来。

谢谢宝玉义工团队，谢谢你们为我们的病患筹备了这次庆祝活动所付出的巨大努力。我们期待你们回来为大家筹备双亲节的庆祝会。



## Namaste Care™培训

托福园很荣幸地邀请到Namaste Care 创办人Joyce Simard教授，为我们举办培训课程。艺术治疗师王豫连小姐有以下分享：

**在平时的照护工作时，您遇到什么样的挑战？这项计划对病人生活品质有什么帮助？**

有时候，病人实在虚弱得无法聊天或难以集中精神。而Namaste Care关怀计划跨越了这些局限，因为它用爱来传达的，病人无需用太多的精力在从事这些活动上。当你看到病人因Namaste Care计划的舒缓疗法而感到舒服自在、轻轻打起盹、身体明显的放松时，他们脸上祥和快乐的表情就是最大的安慰。

**请跟我们分享您参加由Joyce Simard教授在托福园培训后的心得。**

Namaste Care关怀计划的两大主轴是让病人有被关爱的感觉与拥有平和的氛围。两者可以透过多方面的合作来达成这个愿景。这项计划是利用不同的感官认知例如轻柔手法的按摩或梳理头发等，让病人身心放松，可以跟我们自在地交流。有时我们也会利用芳香疗法让病人处于清香舒爽的氛围；或是放置怀旧照片、物品等让病人回忆起美好的过往时光。参与Namaste Care关怀计划的培训不止是完成一个任务，而是学到如何能够真诚地与病人沟通，让他们感受到有人愿意倾听关心他们。

**您认为这项培训对托福园提升照护工作品质有什么帮助？**

俗话说：养大一个孩子需要整村的力量。同样的，我认为照顾一个人，也需要整个社区的帮助。Namaste Care关怀计划让我理解到即使生理状况衰败，我们还是要顾及病人身为人的尊严。不论我们在他们的生活里扮演何种角色，我们都可以竭尽所能帮助病人有意义的度过余生。参与培训后，我对临终关怀照护有更多的认知。美国作家Richard Bach曾说过：毛毛虫是生命的终点，但却是蝴蝶展翅的生命起点。这句话让我对生命的意义有更深的体会。

