

Schedule for July to September 2019

Weekly	Activity	Time	Group
Monday	On Piano -Ms Ng Bie Tin	4:00pm - 5:00pm	Sapphire (Musician)
Tuesday	Hair-cutting	8:30am - 10:30am	Sunstone
Thursday	Patients' Outing	8:30am - 12:00pm	Emerald
Friday	Happy Hour	4:15pm - 5:15pm	Sapphire
	On Piano -Mr Patrick Foo	12:30pm - 1:30pm	Sapphire (Musicians)
Saturday	Gardening	10:00am - 1:00pm	Topaz Sunshine
	On Piano -Mr Lin Xu Zheng -Dr Lai Kok Fung	3:00pm - 4:00pm 4:00pm - 5:30pm	Sapphire (Musicians)
	Massaging Patients	3:30pm - 5:30pm	Opal

Monthly	Activity	Time	Group
Monday 8 Jul, 12 Aug, 9 Sept	Pet-Assisted Therapy (2 nd Monday of the month)	3:00pm – 4:00pm	Ruby
Wednesday 17 Jul, 21 Aug, 18 Sept	Soup for Patients (3 rd Wednesday of the month)	12:00pm - 1:30 pm	Pearlie's Angels
10 Jul, 14 Aug, 11 Sept	On Piano -Ms Yuko Arai (2 nd Wednesday of the month)	10:30am-11:30am	Sapphire (Musicians)
Saturday 6 Jul, 3 Aug, 7 Sept	Birthdays (1 st Saturday of the month)	3:00pm - 5:00pm	Diamond
6 Jul, 3 Aug, 7 Sept	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3:00pm – 4:00pm	Aquamarine
13 & 27 Jul, 10 & 24 Aug, 14 & 28 Sept	Popular evergreen songs for patients	11:00am - 12:00pm	Charis Amethyst
13 & 27 Jul, 10 & 24 Aug, 14 & 28 Sept	Saturday Afternoon Sing-Along	3:00pm - 5:00pm	Blue Sapphire
27 Jul, 24 Aug, 28 Sept	Pet-Assisted Therapy	10:00am - 11:00am	Ruby
6 & 20 Jul, 3 & 17 Aug, 7 & 21 Sept	Arts & Craft	2:00 pm – 5:00pm	Crystal
Sunday 14 & 21 Jul, 11 & 18 Aug, 8 & 15 Sept	Kopi & Roti Session	10:00am - 12:00pm	Soka

Date	Training Course	Time	Venue
6 Jul, 21 Sept	Orientation Training	9:00am – 1:00pm	Training and Resource Room
13 Jul	Basic Palliative Care Volunteer Training for Volunteers (Part 1)	9:00am – 3:00pm	Training and Resource Room
27 Jul & 3 Aug	Basic Palliative Care Volunteer Training for Volunteers (Part 2)	9:00am – 5:00pm	Training and Resource Room
15 Aug	Introduction to Volunteering at DPH	7:00pm – 8:00pm	Training and Resource Room
28 Sept	Basic Palliative Care Volunteer Training for Volunteers (Part 1)	9:00am – 3:00pm	Training and Resource Room

For more information on DPH programmes, please contact:

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Dover Park Hospice
Every Moment Matters

ChitChat

Dover Park Hospice Volunteers Newsletter
July-September 2019 Issue

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Recipients of the Healthcare Humanity Awards 2019

Launched in 2004, the Healthcare Humanity Awards pays tribute to the men and women who have placed others above self in caring for the sick, infirmed and vulnerable groups in our community.

2019 marks its 16th year in recognising the contribution of caregivers, volunteers and healthcare professionals.

We would like to convey our heartiest congratulations to the following recipients:

Ms Evelyn Ho has been a long-time volunteer with Dover Park Hospice (DPH) since 1997 and she has been supporting DPH in many ways.

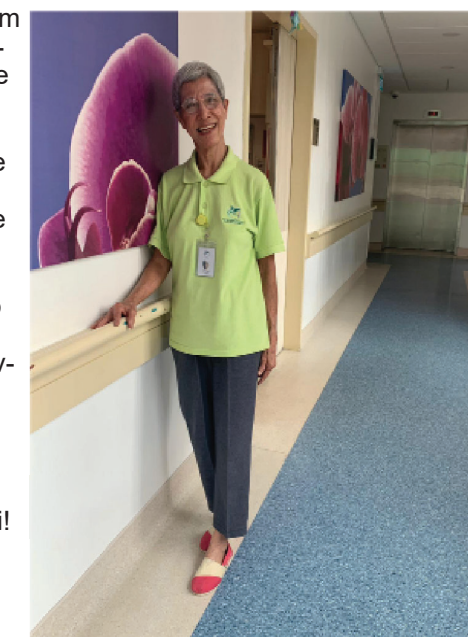
She is a befriender of Sapphire Group; an active volunteer in Diamond Group which organises the monthly birthday celebrations and annual Hari Raya celebration; a volunteer mentor who guides new volunteers; a key volunteer ambassador at DPH; and at one point in time, was leading the Public Education Committee. Despite her many contributions, she remains warm, humble and continues to give her time selflessly.

Mdm Lee Ah Hong, nominated by the National University Hospital (NUH), is a familiar face there, for offering free haircuts to all inpatients at NUH regularly. She is also a regular befriender to our patients at Dover Park Hospice since 2008. An active volunteer in Jade Group, Mdm Lee and other volunteers organise three main celebrations every year –

Lunar New Year, Parents' Day and Mid-Autumn celebrations, which are important in bringing patients and their family members together during these festive seasons.

Mr Ching Hong Rui, nominated by DPH Home Care team, received the award for the Caregiver category. He resigned from his job at the prime of his working career to become a full-time primary caregiver to his father with Advanced Dementia for 8 years till he passed on. Despite the challenges and exhaustion of providing caregiving 24/7, he faithfully cared for his father at home. Through his caregiving experience, Hong Rui hopes to create more awareness about Dementia, so that other caregivers alike, are not alone in their caregiving journey.

Once again, congratulations to Evelyn, Ah Hong and Hong Rui!



Outings for Home Care Patients



In 2016, Dover Park Hospice (DPH) Social Work and Psychosocial services team held its first outing for our Home Care patients and a few of their family members. It is organised with the aim to reduce social isolation by providing patients with mobility challenges and their family members the opportunity to interact with others outside of their homes. It also supports bonding between patients and their family members.

With the support of our partners, patients on these outings get to enjoy a scrumptious lunch at a restaurant, followed by a sing-along session, which is very popular with our patients and their family members. Thereafter, patients have the opportunity to pick up some of their favourite items at the supermarket before being ferried back home.

These outings are made possible only because they are supported by a team of dedicated DPH volunteers. With positive feedback received from patients and their family members since the first outing in 2016, both the staff and volunteers have been committed to organising these outings three times a year. We spoke to two volunteers (Ms Sabrina Tan and Mr Anthony Wong WK) to understand how they feel about being part of this team and enabling patients to have a good time outside of their homes.



How long have you been volunteering for such outings?

Anthony: I joined this team since the outings for Home Care patients started and have been a volunteer of the inpatient outing group for a number of years.

Sabrina: It has been two years since I joined this team to bring Home Care patients on outings.

Why did you choose to volunteer for the outings?

Anthony: For me, it was not a difficult decision to switch from being an inpatient Care befriender to a Home Care befriender. Every individual under DPH's umbrella of care wishes for honest companionship and I do hope to give my 100% each time I interact with a patient.

Sabrina: It is meaningful to help Home Care patients get out of their homes and have an enjoyable time with their families.

Can you share a memorable experience during the outings?

Anthony: Every outing has its own memorable family stories but one which stood out and I still fondly remember was an encounter I had with the father of an ex hospice employee. His son and I started off really well and we resonated with each other. However, he soon left for another country. Fate linked his father and I by an outing, and somehow without much effort we both hit it off like we were long-time acquaintances. On a subsequent trip, he 'opened up' and asked if I knew this person, who turned out to be his son. With a gleam and smile in his eyes, we both bonded at a much deeper level. To me, this is truly fated. It was one of the "best day" of my countless days as a volunteer.

Sabrina: While I can not remember a particular memorable experience, each time I joined the Home Care outing, I could see happiness in the patients when they are interacting at the restaurant and having quality time with their family members. It is an opportunity which I believe is hard to come by, especially for those who are not able to cope taking care of loved ones outside of home. This is imprinted in my heart and mind, and I find it really meaningful to be part of this Home Care patient outing team.

With this, Anthony ended his interview by sharing the following:

"Thank you DPH for the countless opportunities I have had to experience and touch the many lives that came and went.

I would like to share this phrase:

'Food for the body is not enough.

There must be food for the soul'"



A Caregiver's story: Creating Memories that Last



Life is filled with ups and downs and oftentimes, we are unable to predict or control what happens next. While closure is never an easy task for the people and family involved, spending time and being there for loved ones at the last stage of their lives help to create memories that last.

For caregiver Patricia Lee, memories of the times she had spent with her mother, Madam Mak had played an important role in

providing her with the comfort and strength to move on.

My name is Patricia, and I was the caregiver for my late mother, who passed on peacefully at home in October 2018.

Although I do not resemble my mother in many ways, I have secretly replicated her hair-cutting skills. My mother owned a sizeable 10-staffer hair salon in the Upper Thomson area, which was quite a feat in the 50s. She was also recognised by the National Library Board as a woman entrepreneur then.

Even though she did not want her children to follow in her footsteps, my mother allowed me to help out at the salon during the peak period. The hair-cutting skill I picked up allowed me to breeze through in later years when my mother needed a hair-cut.

My mother also taught me altruism through her actions. Upon retirement, she began to further her interest and love for cooking. She could be in front of a hot stove for days. She made excellent rice dumplings with quality ingredients, and would distribute them to neighbours,

friends and relatives who greatly enjoyed her cooking. She was often generous to people besides family members.

Prior to my mother's illness, we travelled together to many places that she loved to visit. When her physical strength was diminishing and she had to get around on a push chair, I continue to take her to almost all corners in Singapore to shop, eat and enjoy our togetherness. Most Sundays, Saturdays, public holidays and Wednesdays are our outing days. I work shorter week to spend more time with her.

Barely two months before she had a massive stroke, I decided to enrol us into a fashion show parade, where we formed a 'Mother and Child' team. It was one of the best memories we had together. My mother truly enjoyed the experience and had great support and encouragement from her peers. Her newly found friends also gave her added confidence.

While in hospital, my mum would put on a smile as she recollected and looked at the fashion show photos taken. She would also share her positive experiences with visitors and that she was proud to have taken the bold step. For me, this will definitely be an event that I keep close to my heart as I move on.

When her illness progressed in later years, I kept her in my home as I knew she loved the comfort at my place. The home care staff from Dover Park Hospice were extremely detailed and sensitive towards my mother's needs. Each of the staff brought something special to us. The care was a tremendous blessing to us at a tumultuous time. Dover Park Hospice has also provided my helper and I great comfort and strength.

I would like to end off by sharing a word of encouragement to those who are currently facing a difficult season in their lives. "In the most challenging of times, great strength is needed. Our strength must prove to be greater than our struggle."

Looking back, I am very blessed to be surrounded by kind-hearted people, friends, relatives and communities. Memories of the times we shared have given me comfort to carry on. I have no regrets and my mother will live in my heart and mind forever.