

Schedule for October to December 2019

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
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 14 Oct, 11 Nov, 9 Dec	Pet-Assisted Therapy (2 nd Monday of the month)	3:00pm - 4:00pm	Ruby
Wednesday 16 Oct, 20 Nov, 18 Dec	Soup for Patients (3 rd Wednesday of the month)	12:00pm - 1:30 pm	Pearlie's Angels
16 Oct, 13 Nov, 11 Dec	On Piano -Ms Yuko Arai	10:30am -11:30am	Sapphire (Musicians)
Saturday 12 Oct, 9 Nov, 7 Dec	Birthdays	3:00pm - 5:00pm	Diamond
12 Oct, 9 Nov, 7 Dec	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3:00pm - 4:00pm	Aquamarine
12 & 26 Oct, 9 & 23 Nov, 14 & 28 Dec	Popular evergreen songs for patients	11:00am - 12:00pm	Charis Amethyst
12 & 26 Oct, 9 & 23 Nov, 14 & 28 Dec	Saturday Afternoon Sing-Along	3:00pm - 5:00pm	Blue Sapphire
26 Oct, 23 Nov, 28 Dec	Pet-Assisted Therapy	10:00am - 11:00am	Ruby
5 & 19 Oct, 2 & 16 Nov, 7 & 21 Dec	Arts & Craft	2:00 pm - 5:00pm	Crystal
Sunday 13 & 20 Oct, 10 & 17 Nov, 8 & 15 Dec	Kopi & Roti Session	10:00am - 12:00pm	Soka

For more information on DPH programmes, please contact:
Tok Shou Wee at Tel: 6500 7265 / HP: 9048 9174 or email shouwee_tok@doverpark.sg



The dedicated team at Dover Park Day Care



Dover Park Day Care began its operations in April this year, and we have now gone beyond hospice and home care to provide integrated care for our patients. Our dedicated multidisciplinary team and volunteers work closely together to provide patients with attentive care and engaging activities.

In this issue of Chit Chat, we first catch up with two of our colleagues, Senior Staff Nurse-in-charge of Day Care, Mirza Abdul Halim, and Occupational Therapist, Ng Yuan Hui, to find out more about their work here at Dover Park Day Care.

Mirza

Can you share with us your role at Dover Park Day Care and what activities does it involve?

“As a Senior Staff Nurse-in-charge of the Day Care, my primary role is to oversee the Day Care and ensure its smooth operation. Working closely with the clinical team from Inpatient and Home Care, I screen and manage patient referrals, assess their physical and psychosocial condition and update the patients' families on their well-being.

Day Care activities are mainly conducted by our Palliative Rehab team (Occupational Therapist, Physiotherapist, Therapy Assistants), Music Therapist and Art Therapist, and I oversee the safety of the patients alongside with my nurses to look out for any signs of discomfort such as pain and breathlessness.”



Yuan Hui

Can you share with us your role at Dover Park Day Care and what activities does it involve?

“As an Occupational Therapist in the Rehab team, my role is to plan and facilitate Occupational Therapy (OT) group activities that are meaningful and enjoyable for our patients. Some of the activities include Karaoke sessions, Mahjong, Art and Craft and we just conducted our first gardening group session about one month ago.

We work closely with our volunteers to organise group activities such as sharing sessions, where patients can befriend one another and share about their weekly events. We also plan for special events such as National Day and Mid-Autumn Festival to celebrate the festivities with our patients.”

Mirza



In your role, what are the challenges/ encounters you've faced and how did you overcome them?

Previously as an Inpatient nurse, I had little contact and interaction with our volunteers. However, since taking up this new role, I had more opportunities to interact and work closely with our volunteers across various Day Care programmes and activities.

Volunteers play a very important role in patient care where they participate in therapy and games together with the patients and assist in setting up, facilitating, brainstorming and cleaning up after the activities. We are very fortunate to have such enthusiastic volunteers who have contributed wholeheartedly in their role towards patient care and fostered a great team spirit with our multidisciplinary team.

Is there an achievement or contribution that you are most proud of?

I am glad that I have been entrusted with the responsibility of being part of the team setting up and managing Dover Park Day Care.

Being involved from the start and planning for the future of Dover Park Day Care services is something I am truly proud to be a part of.

Yuan Hui

In your role, what are the challenges/ encounters you've faced and how did you overcome them?

Starting out my work at the Day Care as an Occupational Therapist is a new and exciting exposure for me because there are a lot of trailblazing involved in setting up the programme structure. As the unique needs of the Day Care patients differs from the inpatients, it requires me to tweak my therapy approaches to plan a variety of suitable activities for meaningful engagements with them.

I was able to overcome these challenges with the help and support of the multidisciplinary team whom I work closely with. By having frequent discussions with my colleagues and words of encouragements from my patients, I have sharpened my clinical analysis and service planning skills, and will continue to learn and improve along the way.

Is there an achievement or contribution that you are most proud of?

Working alongside volunteers in the Day Care and watching them step up to plan and facilitate activities is something I am most proud of. The passion and creativity displayed by some volunteers have indeed been eye opening and inspiring.

Some volunteer-led activities include making key chains, 3D paper flowers and interesting origamis, which has brought much joy and fun to the patients and even myself.

With great enthusiasm shown by the volunteers, I will definitely continue to collaborate closely with them to organise more exciting activities for my patients.



Now, let us find out more from our volunteer, **Andrew Wong**, on his volunteering journey at Dover Park Day Care.

What volunteer activities do you participate in at Day Care?

At the Day Care, I befriend patients and accompany them during their morning exercises, and also help out during the *Lim Kopi* sessions on Fridays.



Can you describe your typical day volunteering at Day Care?

The Day Care has a very homely environment where patients and volunteers can choose to participate in different activities each day. My typical day involves engaging with patients by chatting with them or helping out during the Occupational Therapy sessions. To me, my objective is to make them feel engaged during their time at Day Care.

I have participated in activities such as Karaoke sessions, Mahjong, Mooncake-making session, Art and Craft and other Occupational Therapy activities. I also assist patients to relax at the Koi pond and garden and have recently helped out with the mini National Day celebration.

Can you share with us one interesting volunteering experience?

The most interesting experience I had was to help out during the mini National Day celebration. There were games from the old times like "Shooting ducks", *Kuti Kuti*, and "Guessing marbles", which was very nostalgic to me and the patients.

The idea of this mini celebration was to bring some normalcy back to the patients' lives and I felt amazed when I see the patients fully engaged in these activities.

Ending the celebration on a high note, a lucky draw (with prizes prepared for all the patients) was organised and one of the patients was so ecstatic in his wheelchair when he knew that he had won a prize. To me, the smile on his face is priceless, and being able to bring happiness and joy to my befriended patients keeps me motivated to continue volunteering at Dover Park Hospice.

