

## Schedule for January to March 2020

Weekly	Activity	Time	Group
<b>Monday</b>	On Piano -Ms Ng Bie Tin	4:00pm - 5:00pm	Sapphire (Musicians)
<b>Tuesday</b>	Hair-cutting	8:30am - 10:30am	Sunstone
<b>Thursday</b>	Patients' Outing	8:30am - 12:00pm	Emerald
<b>Friday</b>	Happy Hour	4:15pm - 5:15pm	Sapphire
	On Piano -Mr Patrick Foo	12:30pm - 1:30pm	Sapphire (Musicians)
<b>Saturday</b>	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
<b>Monday</b> 13 Jan, 10 Feb, 9 Mar	Pet-Assisted Therapy (2 <sup>nd</sup> Monday of the month)	3:00pm - 4:00pm	Ruby
<b>Wednesday</b> 15 Jan, 19 Feb, 18 Mar	Soup for Patients (3 <sup>rd</sup> Wednesday of the month)	12:00pm - 1:30 pm	Pearlie's Angels
8 Jan, 12 Feb, 11 Mar	On Piano -Ms Yuko Arai	10:30am - 11:30am	Sapphire (Musicians)
<b>Saturday</b> 5 Jan, 1 Feb, 7 Mar	Birthdays	3:00pm - 5:00pm	Diamond
5 Jan, 1 Feb, 7 Mar	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3:00pm - 4:00pm	Aquamarine
11 & 25 Jan, 8 & 22 Feb, 11 & 28 Mar	Popular evergreen songs for patients	11:00am - 12:00pm	Charis Amethyst
11 & 25 Jan, 8 & 22 Feb, 11 & 28 Mar	Saturday Afternoon Sing-Along	3:00pm - 5:00pm	Blue Sapphire
25 Jan, 22 Feb, 28 Mar	Pet-Assisted Therapy	10:00am - 11:00am	Ruby
4 & 18 Jan, 1 & 15 Feb, 7 & 21 Mar	Arts & Craft	2:00pm - 5:00pm	Crystal
<b>Sunday</b> 12 & 19 Jan, 9 & 11 Feb, 8 & 15 Mar	Kopi & Roti Session	10:00am - 12:00pm	Soka

For more information on DPH programmes, please contact:

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## A Homely Visit to St Joseph's Home

On 19 October 2019, staff and volunteers of Dover Park Hospice visited St Joseph's Home and gained many wonderful insights on caring for its senior residents. We invite volunteers Ved Trivedi and Evelyn Ho, to share their thoughts on the trip.

### VED TRIVEDI

I would like to commend DPH for a well-organised tour to St Joseph's Home. Upon arriving, we were warmly welcomed by Sister Geraldine, Executive Director of St Joseph's Home at the lobby. Sister Geraldine's gesture reminded me of how I was welcomed with love and compassion when I visited Mother Teresa's Hospice Home in India and it deeply touched my heart.

St Joseph's Home is truly special as it brings both seniors and children under one roof. It is a brilliant idea to encourage the mingling of youngsters and the seniors. Children bring joy to the seniors and they also learn the meaning of love and compassion as they interact with and gain wisdom from the elderly.

During the home visit, I have had the opportunity to meet a 104-year-old resident who joyfully placed her hand on my head and gave me blessings. That moment will always live in my memories.

With a church and natural garden landscape within the complex, St Joseph's Home brings about an atmosphere of peace and tranquility. It was an unforgettable and memorable visit for me.



Welcome introduction by St Joseph's Home



St Joseph's Home Green Sanctuary



## EVELYN HO

It was a very heart-warming and meaningful Saturday morning trip for me. As a long-time volunteer at DPH, this visit gave me the opportunity to look beyond what I am currently doing at DPH and learn how I can better serve and meet the needs of patients as I volunteer.

The concept of St Joseph's Home is well-planned and thought through. Their child care centre is like an intergenerational playground, where the young and the old can interact with each other.

The wooden tables and wooden handrails seen in the building are carefully designed for the patients' ease of use. The naming of their rooms such as the *Peace room*, *Fun room* and *Dusk to Dawn room* are testimonies of how the residents' needs are well taken care of. Similar to our *Lying-in Room*, they have a *Peace Room* at the entrance of the building, where residents who have passed on are held. I am truly impressed with the homely settings and environment of St Joseph's Home, and it was an eye-opening experience for me.

## Appreciating Outstanding Volunteers of DPH

DPH provides holistic palliative care with the help of our unsung heroes, who dedicate their time and effort in supporting our cause. Every year, we nominate volunteers and recognise their outstanding contributions to DPH.

This year's awardees are:

**Rookie of the Year:**  
**Andrew Wong and Tan Ngan Seng**

**Outstanding Volunteer of the Year:**  
**Seah Pow Kong**

**Outstanding Volunteer Group of the Year:**  
**Sapphire Group**

We invited some of them to share their thoughts on volunteering at DPH.

### Tan Ngan Seng

I am touched by the warm-hearted, ever-loving, gentle and caring staff of DPH. Whether it is the administrative or clinical staff, they always wear a bright smile on their faces. This is evident since the day I started volunteering at Dover Park Day Care, where I have had the opportunity to not only befriend in-patients and day care patients, but also come into contact with staff of DPH.

### Andrew Wong

I am honoured to be chosen as this year's "Rookie" award and it would not be possible if not for the encouragement I have received from mentors, peer volunteers and DPH staff. The appreciative smiles of the patients also motivated me in my volunteering journey. To give is really enriching to the soul and we should all learn to give as we get back much more from that.

Some decades ago I came across a saying "Do or do not, there is no try!" from a movie. This later became the famous quote of Master Yoda in the Star Wars movie. This statement made me understand what commitment means. If we are committed to doing something, then we will never just try, we will only do our best to achieve our objective.

My aim in DPH was never about getting awards or recognition. My simple objective was to be able to make one patient smile in spite of the circumstances they may be in.

I am forever grateful to the DPH community for giving me this opportunity to serve together with a group of very talented and dedicated professionals.

## A Medical Social Worker's Caregiving Journey

Experiencing the loss of a loved one often results in a gamut of emotions from feeling of pain, despair to grief, and the journey is tough even for caregivers who are healthcare practitioners.

In this issue of Chit Chat, our colleague, **Senior Social Work Associate, Ms Lim Li Ling** recounts her experience in caring for her father during his final days.

### As a Medical Social Worker working with terminally-ill patients and caregivers, how do you feel being a caregiver to your late father?

As a palliative care Medical Social Worker, I am often reminded of the certainty of death. Back in March 2019 when I became the caregiver of my father, I realised that my pain did not come from the thought of his impending death. It came from witnessing the deep suffering that his illness had caused, and to see him becoming thinner each day with loss of appetite, autonomy and all joys of life as his illness progressed.

Having experienced a serious medical condition before, I understood the pain and suffering of being ill and what it was like being a patient, but I was not able to understand the difficulties faced by caregivers. It was through caring for my father that I learned to care for a loved one who is sick and truly understand what it was like being a caregiver.

### What was your struggle as a caregiver?

Back then, I was very afraid that I would not be able to persist in my filial piety as I cared for my father. There was once when my sister and I were changing my father's diaper, he asked "Is this troublesome?" Then, I knew that he was worried about being a burden to us and this reminded me to be loving and patient so that he does not feel he was a burden.

One of the greatest struggles was in keeping a promise to myself to care for my father at home. As someone who is free-spirited, my father was not able to adapt to the restrictions when he was hospitalised. After a month of stay in hospital, I said to him "I will bring you home tomorrow, no matter what, even if you have a fever." It was with the support of my family, Dover Park Hospice Medical Director, Dr Ong Wah Ying and the hospital Medical Social Worker, that I was able to have the confidence to provide holistic care for my father at home.



Li Ling and her late father, Mr Lim Yong Kwang

### What kept you going during this difficult period?

During the course of my work at Dover Park Hospice, I have witnessed the persevering care of the children of many patients. These caregivers cared for their elderly parents as best as they could for many years and never gave up. Their filial piety has moved me tremendously and the reminder of their hard work and resilience motivated me and gave me the confidence to continue my journey as a caregiver, in spite of the unknown challenges ahead.

Although it had been a challenging journey, I am grateful for the support of my colleagues, especially the home care team. They not only provided home medical and nursing care to my father, they have also encouraged me and shared practical caregiving tips.

Through this experience and my role as a Medical Social Worker and personal experience as a caregiver, I have learnt that when one faces death, it is important to have kinship and a spiritual faith that can offer comfort to the heart. I hope my story can be a reminder of what is important in life, and not to lose ourselves in the busyness of life.

*Li Ling resumed work as a Senior Social Work Associate in May 2019.*