



## Chit Chat

Dover Park Hospice Volunteer Newsletter  
July - September 2020 Issue

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 - 10:30 am	Sunstone
<b>Thursday</b>	Patient's 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	10:00 am - 1:00 pm	Topaz Sunshine
	On Piano - Mr Lin Xu Zheng - Dr Lai Kok Fung	3:00 pm - 4:00 pm 4:00 pm - 5:30 pm	Sapphire (Musicians)
	Massaging Patients	3.30pm - 5.30pm	Opal

Monthly	Activity	Time	Group
<b>Monday</b> 13 July 2020 10 August 2020 14 September 2020	Pet-Assisted Therapy (2nd Monday of the month)	3.00 pm – 4.00pm	Ruby
<b>Wednesday</b> 15 July 2020 19 August 2020 16 September 2020	Soup for Patients (3rd Wednesday of the month)	12:00 noon - 1:30pm	Pearlie's Angel's
8 July 2020 12 August 2020 9 September 2020	On Piano - Ms Yuko Arai	10:30am-11:30am	Sapphire (Musicians)
<b>Saturday</b> 4 July 2020 1 August 2020 5 September 2020	Birthdays	3:00 pm - 5:00pm	Diamond
4 July 2020 1 August 2020 5 September 2020	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3:00pm – 4:00pm	Aquamarine
11 & 25 July 2020 8 & 22 August 2020 12 & 26 Sept 2020	Popular evergreen songs for patients	11:00am - 12:00pm	Charis Amethyst
11 & 25 July 2020 8 & 22 August 2020 12 & 26 Sept 2020	Saturday Afternoon Sing-Along	3:00pm - 5:00pm	Blue Sapphire
25 July 2020 22 August 2020 26 September 2020	Pet-Assisted Therapy	10:00 am - 11:00 am	Ruby
4 & 18 July 2020 1 & 15 August 2020 5 & 19 Sept 2020	Arts & Craft	2:00pm – 5:00pm	Crystal
<b>Sunday</b> 12 & 19 July 2020 9 & 16 August 2020 13 & 20 Sept 2020	Kopi & Roti Session	10:00 am - 12:00pm	Soka

For more information on DPH programmes, please contact:  
Tok Shou Wee at Tel: 6500 6275 / HP: 9048 9174 or email shouwee\_tok@doverpark.sg

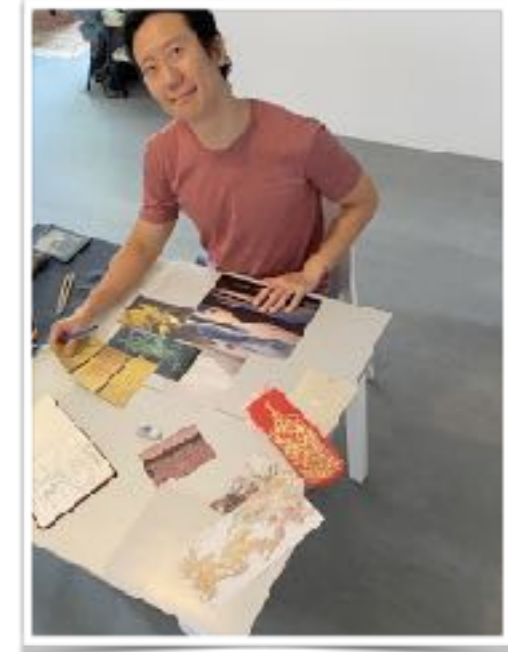
## Volunteers Get Creative in Supporting Our Cause Despite COVID-19

In this edition of Chit Chat, we are pleased to invite two of our very own volunteers, Mr Kenneth Sim, and Mr Thomas M. Weinland to share with us how they have continued to bring cheer to patients during the Covid-19 Circuit Breaker period despite not being able to come to DPH physically.

### Kenneth (who created hand-made cards for patients for Parents' Day):

#### 1. Why did you decide to embark on this project? What did you hope to achieve through this activity?

I have not been volunteering much at DPH of late, and was hoping to do something to spread some positive energy amongst the patients to boost their mental wellbeing. Due to the COVID-19 situation, there are no volunteers bringing variety to their day, and each day will feel like any other.



Kenneth working hard on the cards.

#### 2. What was your inspiration behind the card designs and how were the cards conceptualised?

I was not sure about the condition of the patients, so I wanted to ensure the cards were able to communicate my message for them in a multi-sensorial way. I felt the cards should be tactile yet visual, to allow the patients to feel both the physical weight, thickness and texture of the card, and also the aesthetics, in terms of images and colour contrasts.

Serendipitously, the call for making cards came, and I decided this was one good way to send a physical gift to the patients. I sincerely hoped this would bring a spark of joy to them. My intention in sending the cards was really to show the patients that they have not been forgotten, with few visitors and no volunteers coming by. I hoped the cards would help them reminisce about the past, and reaffirm their belief that they were somebody to someone, at some point in their lives.

### 3. Did you face any challenges in making the cards? What were they?

I chose cardboard for the main body of the card, and also corrugated cardboard cut-outs to push out key messages in 3D. A variety of colours were also used to brighten up the cards.

For the "Dad's" card, I was initially lost as to how to design it, but the idea of sharing with them the beauty of life/nature came to mind. As they flip each page, the image zooms in from a wide-angle landscape view eventually to that of a macro flower petal view, with the words in 3D relief thanking the patient for being such a great dad.

For the "Mum's" card, I really wanted to convey the sense of hugging her, because mothers are the greatest beings. Hence, I used some recycled bicycle inner tube to create a spring, pushing an androgynous boy/girl with outstretched arms upwards as she opens the gaily coloured exterior. I really hope it conveyed some sense of that hug to her.

Due to the Circuit Breaker, I had to scrounge for materials at home. The images came mainly from newspapers and Chinese New Year packets, while the corrugated cardboard came from a water filter box.

As I wanted the cards to be sturdy, I used a combination of glue and sewing to secure the components together. This took a bit of time. I also cut out continuous words on the corrugated cardboard, where a mistake meant rejecting the entire word. In hindsight, it might have been easier to cut letters, but I did not want to lose the compact depth-to-area feel.

I was overly optimistic at the start, and wanted to make four cards. However, when I took the whole Labour Day weekend to make just two cards, and the deadline looming the coming Tuesday, I knew I had to temper my expectations and make do with two. I hope the cards did their magic in bringing love and warmth to the patients.

### Tom (who recorded himself singing three songs on video):

#### 1. Why did you decide to create these videos? What did you hope to achieve by creating them?

I grew up in America and have discovered that my friends and family in Singapore listened to many more British singers from the 1960s which I had never heard of because they were not popular in the US. I have been participating in Dover Park Day Care activities like "Music Inc." and Occupational Therapy sessions and we often listened to some of these songs.

I had made friends with a few patients who really like these older British songs. One patient told me that his 3 favourite songs were 'Lucky Lips', and 'Living Doll' (both by Cliff Richard), and 'A Place in the Sun' (by Englebert Humperdink). Hence, I thought it would be fun to learn them and share them with him and all my friends at Dover Park Hospice since I was not able to physically visit them. I know how important songs from our past can be and I wanted to cheer the patients up, make them feel special, while providing a means for them to reminisce about the past. I suppose I am



Tom putting his heart and soul into his singing.

following in my mother's footsteps. She played the piano at nursing homes and an adult day care centre for years. She collected and learned old songs for the patients who had known and sung them in their younger days.

#### 2. Did you face any challenges in creating the videos? What were they?

I did not know these British songs and had to learn to sing them. In addition, I have never made a video of myself singing and playing the guitar before so this was my first attempt.

### 3. How did you overcome these challenges?

I enjoy learning new songs. The advent of the internet has made this very easy. I listened to the songs on Youtube and searched for the lyrics and the suggested chords online. I then cut and paste the lyrics into a word processing document and added spaces between the lines to add the guitar chords later. I studied a few websites that offer the chords for the songs to find the best arrangement. Finally, I chose a key best suited for my voice and transposed as necessary.

Often a capo (a bar that crosses all the strings making them shorter which raises the pitch) is all that is needed. Then I practised the songs a few times. These old British songs were relatively easy so the whole process took about one to two hours per song. For the video recording, I asked my wife to assist in operating the camera.

I have grown to really like the songs myself and it always makes me happy to share music with others. I hope the songs brought joy to my friends at the hospice.

## Self-Care Tips

### TO COPE WITH STRESS DURING COVID-19

The COVID-19 pandemic has had an impact on everyone, and we understand that many have experienced increased levels of stress during this difficult period. We hope that these self-care tips can help you better cope with the mental and emotional stress you may be going through.

- 1 Be kind to yourself, and others.**  
We are in unprecedented times and it is normal to feel overwhelmed or worried. Manage the expectations you put on yourself and be patient with those around you too.
- 2 Maintain a healthy lifestyle by having a proper diet, getting sufficient sleep and exercise.**  
Keeping to a routine with set timings for work, meals, social activities and rest will help you remain occupied and be more productive.
- 3 Continue to be involved in social activities, either within your home or online.**  
These interactions are also a form of social support, critical in these challenging times in keeping yourself actively engaged.
- 4 Create a daily self-care routine.**  
Continue to indulge in activities to pamper yourself as this will help lift your spirits.
- 5 Seek help from family, trusted friends or mental health professionals.**  
If you feel depressed or lonely, it is important to reach out to a family member or a trusted friend. If you prefer to seek professional help, there are several phone and online counselling hotlines available, such as the "24-hour National CARE" hotline <1800-202-6868>
- 6 Get your information from a reliable source.**  
Do not fall prey to false news as this will cause you undue anxiety and may prevent you from taking the necessary precautions to protect yourself.
- 7 Limit your consumption of media coverage on COVID-19 that may be upsetting and stressful.**  
An overconsumption of such news may breed negative emotions and cause unnecessary anxiety.

Information adapted from:

<https://www.gov.sg/article/tips-for-battling-stress-and-anxiety-during-covid-19>

<https://theconversation.com/7-mental-health-coping-tips-for-life-in-the-time-of-covid-19-138479>

[https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_8](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8)