



Weekly	Activity	Time	Group
Monday	On Piano - Ms Ng Bie Tin	4:00pm – 5:00pm	Sapphire (Musicians)
Tuesday	Hair-cutting	8:30am - 10:30 am	Sunstone
Thursday	Patient's 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	10:00 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
Monday 12 October 2020 9 November 2020 14 December 2020	Pet-Assisted Therapy (2nd Monday of the month)	3:00 pm – 4:00pm	Ruby
Wednesday 21 October 2020 18 November 2020 16 December 2020	Soup for Patients (3rd Wednesday of the month)	12:00pm - 1:30pm	Pearlie's Angel's
14 October 2020 11 November 2020 9 December 2020	On Piano - Ms Yuko Arai	10:30am-11:30am	Sapphire (Musicians)
Saturday 3 October 2020 7 November 2020 5 December 2020	Birthdays	3:00 pm - 5:00pm	Diamond
3 October 2020 7 November 2020 5 December 2020	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3:00pm – 4:00pm	Aquamarine
10 & 24 October 2020 14 & 28 November 2020 12 & 26 December 2020	Popular evergreen songs for patients	11:00am - 12:00pm	Charis Amethyst
10 & 24 October 2020 14 & 28 November 2020 12 & 26 December 2020	Saturday Afternoon Sing-Along	3:00pm - 5:00pm	Blue Sapphire
24 October 2020 28 November 2020 26 December 2020	Pet-Assisted Therapy	10:00 am - 11:00 am	Ruby
3 & 17 October 2020 7 & 21 November 2020 5 & 19 December 2020	Arts & Craft	2:00pm – 5:00pm	Crystal
Sunday 11 & 18 October 2020 8 & 15 November 2020 13 & 20 December 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

Dover Park Hospice's Director of Nursing, Ms Chin Soh Mun, A Recipient of the President's Award for Nurses 2020

We are very honoured to share that our Director of Nursing, Ms Chin Soh Mun, has received the President's Award for Nurses this year, the highest accolade in Singapore's nursing profession.

With more than 48 years of experience, Ms Chin strongly believes that no one should be alone in their last moments. She goes beyond her role as a Director of Nursing by volunteering with Dover Park Hospice's Vigil Programme, where she provides solace and comfort to patients in their final moments.

We invited Ms Chin to share with us about her experience throughout her nursing journey and with Dover Park Hospice's Vigil Programme as a volunteer.

1. What keeps you going and growing throughout your years in nursing?

My passion in nursing keeps me going and growing. When I was in acute care, I felt really happy and accomplished doing my job as I love attending to orthopaedic patients.

The appreciation and recognition of my work from the doctors, my peers, patients and family members, as well as the opportunities given to me during my nursing journey, keep me going too.

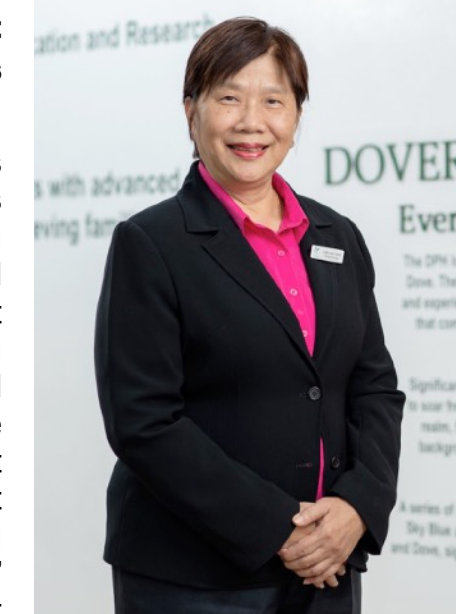
2. Why do you feel that palliative care is important?

Palliative care is important because it is more than just taking care of the physical needs of our patients. It is also about ensuring that their psychosocial and emotional needs are met, which requires a lot of experience and heart in the work. In taking care of our patients' needs, it is crucial that we understand our patients beyond their illness, for instance, their life journey and family dynamics so that we can help them fulfill their wishes and pass on in peace without any regrets.

3. Could you tell us more about your experience with the Vigil Programme?

Having been with Dover Park Hospice for the last 8 years, I strongly believe that no one should die alone. I volunteer in the Dover Park Hospice's Vigil Programme where trained volunteers provide companionship to patients who are alone or for those whose loved ones are unable to be with them during their final journey. Volunteers are scheduled to sit with the patient day and night in the hospice when the patient's condition starts to deteriorate.

I stay with these patients to provide them with comfort in their final hours, beyond my usual working hours. I sometimes hold or stroke a patient's hand and tell them that they are not alone.



I find keeping vigil very meaningful as I am able to lend support to a patient when they are at their most vulnerable, so that they are not alone in their final journey.

4. Could you share some memorable experiences you have had while sitting vigil?

There was once where I sat with a gentleman who was all alone. At that time, I was stroking his hands, talking to him and telling him to have peace in his heart and mind, while assuring him that I will be by his bedside. He eventually took his last breath and passed away peacefully.

5. What are some of your takeaways from the Vigil Programme and/or from your nursing journey?

I have learnt the four phrases that matter most to the living and dying – which are “Please forgive me”, “I forgive you”, “Thank you” and “I love you”.

Life is really unpredictable and it makes me appreciate my life even more. The medical conditions cannot be predicted as well. Hence, I would emphasise on not taking things for granted. Health is truly important and we should spend quality time with our loved ones.

Most importantly, learn to forgive and let go, as well as be at peace.



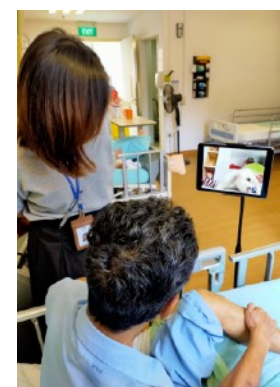
Video Recording of Songs for Patients: Edward Tan

For some patients at the hospice, they may have many thoughts running through their minds, including some memories which are unforgettable to them.

I wanted to record heartfelt songs for the patients as music acts as a therapeutic tool and has the ability to evoke memories and emotions.

Based on these premises and in response to Dover Park Hospice's call to augment their resource library of music audio clips, I self-recorded some songs by singing and playing the guitar, despite having no prior recording experience.

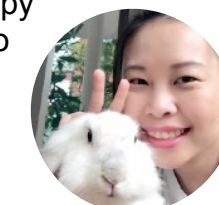
It is an honour to be doing this for the patients and I hope that these recorded songs will bring some comfort to both the patients and their caregivers.



Pet Therapy (Televisit): Tham Lai Yee

It is a fantastic idea to implement televisits in the time of COVID-19. Pet therapy has now gone online and although patients are unable to physically touch our pets, they are still able to see

our pets' real yet funny behaviours through the screens, which are not usually shown during the physical pet therapy session. This also helps to generate more topics for us to talk about with the patients.



Medley of Songs for Patients: Lam Seow Ping

I am very grateful to be given the opportunity to edit a video consisting of a medley of songs for the patients. Even though I find it challenging as I did the video editing through my phone with an app that has limited features, I am very satisfied with the end product. I can feel the singers' passion while I was editing the video and I appreciate the effort that they put in for the patients. I hope the patients can feel the singers' presence when they watch and sing along with the video. Every virtual moment matters.

Gardening at Dover Park Hospice: Yeo Jing Ping and Goh Dai Lin

Although we have been volunteering with Dover Park Hospice Topaz Group for only two years, we have already developed a passion for gardening here. Whenever we are at the hospice, we aim to beautify the garden for it to look pleasant for the patients, visitors and staff! Palliative care is not only about taking care of the physical needs of our patients and caregivers, but also about ensuring that their psychosocial and emotional needs are met. Gardening definitely facilitates the latter. Often, we also hear that patients would want to feel that they can still go outdoors to appreciate the beautiful nature. By being involved in gardening at Dover Park Hospice, we hope to offer to the patients a feeling of relaxation and solace.

How Our Volunteers Have Contributed to Dover Park Hospice in the Year of COVID-19

In this edition of Chit Chat, we will be bringing to you a consolidation of the activities by our volunteers this year.

In celebrating Parents' Day, our volunteers created an array of handmade cards with encouraging messages to cheer up our patients.

Some volunteers also participated in the creation of e-resources, such as creating interesting video clips, medley of songs with videos, instrumental music recording and lovely messages for our patients to lift their spirits.

Day Care volunteers and pet therapy volunteers participated in televisits, which have brought smiles and laughter to our patients from their own homes. In addition, our volunteers from GEMS Show Choir did their rehearsals via Zoom and was led by their Choir Mistress and Dance Captain to deliver their best performance in the form of a music video. The music video was showcased in this year's Dover Park Hospice Virtual Sunflower Charity Dinner.

Let's hear from some of our volunteers on how they feel about supporting Dover Park Hospice and our patients in the abovementioned ways.

Please share with us some stories or takeaways from your volunteering experiences in the time of COVID-19.



Day Care (Televisit): Ms Sabrina Tan

I used to spend one and a half days each week at Dover Park Hospice mingling and joking with the patients, as well as hearing their stories and laments about life. With the virus now that limits interactions between humans, I am missing those times.

I will occasionally wonder how the patients whom I have interacted with are doing. I miss doing artworks with them and making toasted breads for them during the Lim Kopi session on Fridays, which patients always look forward to.

It was such an excellent idea when Dover Park Hospice proposed to connect with the patients via Zoom. Although it is not the same, but at least, televisits helps us to stay connected with the patients. I am so happy to be part of it; not only do I get to meet the patients, but I also get to know volunteers whom I have never met before. As long as the patients enjoy it, I am happy to participate in such activities!

Handmade Cards for Patients: Evelyn Ho & Seah Huixin



Evelyn Ho: 'I wanted to show that our patients are forever showered with love and care; and creating a card that projects some liveliness could brighten their days even more!'



Seah Huixin: 'I attended a basic water-coloring workshop at an event a few years ago, and the set of water colours has been hidden at a corner of my home for a few years. This Circuit Breaker allows me to have time to try my hands at it again. I am glad that Dover Park Hospice has such a meaningful activity for me to create a card and allows me to pick up this skill again, and spend my time at home more meaningfully. It might not be a perfect one, but I certainly hope that it will brighten up someone's day.'

