

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	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	10:00 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

Weekly	Activity	Time	Group
Monday 12 April 2021 10 May 2021 14 June 2021	Pet-Assisted Therapy (2nd Monday of the month)	3:00 pm – 4:00pm	Ruby
Wednesday 21 April 2021 19 May 2021 16 June 2021	Soup for Patients (3rd Wednesday of the month)	12:00pm - 1:30pm	Pearlie's Angel's
14 April 2021 12 May 2021 9 June 2021	On Piano - Ms Yuko Arai	10:30am-11:30am	Sapphire (Musicians)
Saturday 3 April 2021 1 May 2021 5 June 2021	Birthdays	3:00 pm - 5:00pm	Diamond
3 April 2021 1 May 2021 5 June 2021	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3:00pm – 4:00pm	Aquamarine
10 & 24 April 2021 8 & 22 May 2021 12 & 26 June 2021	Popular evergreen songs for patients	11:00am - 12:00pm	Charis Amethyst
10 & 24 April 2021 8 & 22 May 2021 12 & 26 June 2021	Saturday Afternoon Sing-Along	3:00pm - 5:00pm	Blue Sapphire
24 April 2021 22 May 2021 26 June 2021	Pet-Assisted Therapy	10:00 am - 11:00 am	Ruby
3 & 17 April 2021 1 & 15 May 2021 5 & 19 June 2021	Arts & Craft	2:00pm – 5:00pm	Crystal
Saturday 11 & 13 April 2021 9 & 16 May 2021 13 & 20 June 2021	Kopi & Roti Session	10:00 am - 12:00pm	Soka

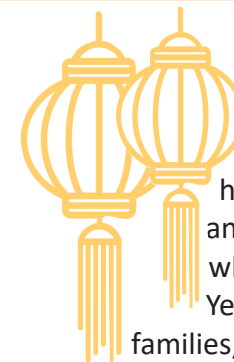
For more information on DPH programmes, please contact:
Tok Shou Wee at Tel: 6500 6275 / HP: 9048 9174 or email shouwee_tok@doverpark.sg

Chit Chat

Dover Park Hospice Volunteer Newsletter
April - June 2021 Issue

Bringing cheers to our folks!

In this edition of Chit Chat, let us take a look at what has been happening at Dover Park Hospice in the past few months!



Lunar New Year

As gatherings and celebrations are still halted, our volunteers Mr Andrew Wong and Ms Helen Choy represented Jade group, which organises the annual Lunar New Year celebrations for our patients and their families, and made a special visit to Dover Park Hospice brought festive cheer by giving out oranges and 'Ang Pows' to our patients. Let's us hear more from our volunteers, Mr Andrew Wong and Ms Helen Choy on how they feel after their long absence from our Hospice.

Q1: Can you share with us how you and your group have prepared for this year's Lunar New Year distribution?

Helen: The "Spring Festival" activity, which was done over the years by Jade Group, was unfortunately disrupted by the pandemic last year. Thus, in order to highlight and not waste the efforts and intentions of the volunteers, we decided to proceed with the activity in 2020 on a smaller scale. With the permission of the Hospice, we arranged for two volunteers to visit the patients in the wards and distributed 'Ang Pows' and Mandarin oranges to them. In order to continue with this tradition, we had started to plan this year's Lunar New Year's activity at the end of last year. After numerous telephone contacts, we were finally able to confirm this year's project.

Andrew: Firstly, we reached out to see what we could do for this scaled-down activity due to the COVID-19

Our Volunteers bringing cheers to patients this Lunar New Year and Valentine's Day



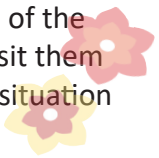
Volunteer Helen and Andrew distributing Lunar New Year Ang Pows at the wards

situation. In the end, it was decided that we would distribute Mandarin Oranges and 'Ang Pows' to the patients, just like how we would do it under normal circumstances. As we were unable to hold our regular dinner and entertainment programmes, this was our alternate contribution and we hoped it could bring a little glimmer of hope and joy to the patients.

Q2: How do you feel being back at the Hospice and seeing the patients, one year after the suspension of volunteering activities?

Helen: Of course, I am looking forward to it and am very excited. It is a pity that the volunteers were not able to go into the hospice to serve the patients last year. This year, we were very glad to see the bright smiles on the patients’ faces and the joy from their hearts when we gave out the ‘Ang Pows’ and Mandarin oranges to them. We were sincerely grateful because we did not forget the patients and it is also the continuation of their efforts that made this possible. A big thank you to Dover Park Hospice for coordinating and for giving us the opportunity to continually contribute our part. We are also grateful to the patients for giving us the opportunity to care for and serve them. Let’s pray for the pandemic to quickly pass. If winter is over, spring is not far. Cherish every moment, every second, tomorrow will be better!

Andrew: During the lockdown, I really missed being able to help out at Dover Park Hospice. Be it befriending patients in the ward, helping with donation box collections, weekly outing events, chatting with Day Care patients – these are things which I personally missed. Being able to come by to see the patients brought back fond memories and a sense of belonging. Sadly, during the lockdown, I got to know that some of the patients whom I have personally interacted with had passed on. I was sad that I was not able to visit them more during the lockdown before their passing. May their souls rest in peace. With the COVID-19 situation improving, I am looking forward to in-person interactions and activities soon.



Valentines’ Day

Our volunteers showered our patients with love this Valentine’s Day. They had come up with lovingly hand-made decorations for our patients. The pieces were distributed to the patients by our nursing team. Let us hear from Ms Margaret Hong, one of the volunteers who contributed to the creation of these Valentine’s Day decorations for the patients.



Nursing staff putting up hand-made decorations at patients’ bedside

Q1: Why did you choose to participate in this Valentine’s Day ‘Shower Patients with Love’ project, and what do you hope to achieve by being a part of this project?

Margaret: Valentine’s Day is a special day to express love, care and gratitude. It is not just for lovers. Students send gifts to teachers to show their gratitude and love for their dedication in education. I participated to let the patients at Dover Park Hospice know that the volunteers want to shower them with our love and care too.

Q2: Could you share your thoughts/ inspiration on the design of to the decorative pieces you have made?

Margaret: My designs are colourful and in heart-shaped motifs. The colourful papers and hearts represent multinationals expressing their love. Love is powerful, comforting, hopeful and not selfish.

The Two Sides of Day Care Volunteering

Due to the COVID-19 situation, most of our volunteering activities have been halted. For the few volunteers at our Day Care centre who have resumed volunteering physically, they had to adapt to their roles in line with the pandemic restrictions. At the same time, we conduct tele-visits twice a week to bring in a wide variety of activities for our patients and to keep them socially engaged. In this issue, we invited three volunteers, Mr Lee Chuan Too, Ms Seow Mein Chou and Mr Tan Ngan Seng to share their experience on both physical and remote volunteering at our Day Care service.



Volunteer Ngan Seng conducting seated Tai-Chi at Daycare Centre

Q1: Could you share with us the activities that you conduct during remote volunteering (tele-visits) and in-person at our Day Care?

Chuan Too: The activities conducted during remote volunteering include games (bingo, number guessing, song guessing) and "virtual tours" of places of interest with the patients. We also shared how festive seasons like Christmas and New Year were celebrated overseas. Prior to COVID-19, we were able to conduct physical mahjong and karaoke sessions which the patients enjoyed. Unfortunately, these activities cannot be conducted now.

Ngan Seng: The physical activity that I conduct is the seated Tai-Chi.

Mein Chou: For the befriending tele-visit on every Tuesday, we usually play games such as Bingo, lucky number, guessing games such as picture charade, food bingo or games that are related to festive season. On Friday, we conduct chair exercise that consists of five exercises - warm-up, simple wrist/ hand/ leg exercise, strengthening, stretching and relaxation.



Volunteer Chuan Too facilitating Tele-visits at Daycare Centre

Q2: What are the differences between remote and physical volunteering and the challenges you face in either of them?

Chuan Too: The difference between physical volunteering and remote volunteering is the lack of physical presence and touch, which can be therapeutic to both the patients and volunteers. We also faced technological challenges during remote volunteering. Nevertheless, these challenges can be overcome when we have a genuine heart to serve.

Ngan Seng: I had volunteered to be at the Day Care physically without knowing that I had to conduct the seated Tai-Chi. I had no prior experience and therefore had to pick up seated Tai-Chi from the Hospice’s Therapy Assistant, Mr Lorenz, over Zoom session, just like the patients in the Day Care doing the exercise. I initially found it ineffective as I just watched and followed what Mr Lorenz was doing, and was not able to grasp the positioning and movements of the hands and the legs accurately. Though I watched and practiced using the pre-recorded video, I still felt unconfident to lead and conduct the exercise for the patients. It was only when I was physically present at the Day Care that Mr Lorenz had the chance to check and correct my movements, thereby boosting my confidence to face and teach the patients. Being physically present once a week allows me to be able to interact with the patients as I feel such direct human touch between the volunteers and patients is important. When I am physically present, I am also able to check and correct the movements of the patients as they are right in front of me. I also found that the patients were happy with the physical presence of the volunteer, as they bade farewell and expect to

see the volunteer again, the following week.

Mein Chou: For tele-visit, it helps to save on travelling time. As I live in Tampines, it takes me about an hour and fifteen minutes to travel to the Hospice. There is also no need to worry about safety issues and social distancing since we are apart. As tele-visit involves a big group of patients, I found there is a lack of human touch as compared to being there physically at the Hospice with the patients. Also, some of the elderly patients were more reserved during the tele-visit sessions, as compared to when a volunteer is physically there with them. I noticed that it was much easier to engage the patients when we are physically there as it allows us to observe the patients’ conditions during activities such as the chair exercise. When I was physically there, the day-care patients tend to talk more and were willing to share about their daily activities. As and when needed, I help to do simple interpretation from dialect to English between the elderly patients and day care nurse.



Volunteer Mein Chou conducting chair exercise at Daycare Centre