

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 On Piano - Mr Patrick Foo	4:15pm - 5:15pm 12:30pm - 1:30pm	Sapphire Sapphire (Musicians)
Saturday	Gardening On Piano - Mr Lin Xu Zheng - Dr Lai Kok Fung Massaging Patients	10:00 am - 1:00 pm 3:00 pm - 4:00 pm 4:00 pm - 5:30 pm 3.30pm - 5.30pm	Topaz Sunshine Sapphire (Musicians) Opal

Weekly	Activity	Time	Group
Monday 10 January 2022 7 February 2022 7 March 2022	Pet-Assisted Therapy (2nd Monday of the month)	3:00 pm – 4:00pm	Ruby
Wednesday 19 January 2022 16 February 2022 16 March 2022	Soup for Patients (3rd Wednesday of the month)	12:00pm - 1:30pm	Pearlie's Angel's
12 January 2022 9 February 2022 9 March 2022	On Piano - Ms Yuko Arai	10:30am-11:30am	Sapphire (Musicians)
Saturday 1 January 2022 5 February 2022 5 March 2022	Birthdays	3:00 pm - 5:00pm	Diamond
1 January 2022 5 February 2022 5 March 2022	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3:00pm – 4:00pm	Aquamarine
8 & 22 January 2022 12 & 26 February 2022 12 & 26 March 2022	Popular evergreen songs for patients	11:00am - 12:00pm	Charis Amethyst
8 & 22 January 2022 12 & 26 February 2022 12 & 26 March 2022	Saturday Afternoon Sing-Along	3:00pm - 5:00pm	Blue Sapphire
22 January 2022 26 February 2022 26 March 2022	Pet-Assisted Therapy	10:00 am - 11:00 am	Ruby
1 & 15 January 2022 5 & 19 February 2022 5 & 19 March 2022	Arts & Craft	2:00pm – 5:00pm	Crystal
Sunday 9 & 16 January 2022 13 & 20 February 2022 13 & 20 March 2022	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
January - March 2022 Issue

PROPELLING PAST THE STORMS – OUR VOLUNTEERS AND THEIR CONTRIBUTIONS TO DOVER PARK HOSPICE DURING THE PANDEMIC

This New Year is all about hope. A hope for positive change, and a better tomorrow.

COVID-19 had resulted in two years of reduced activities for our patients and volunteers. Yet the spirit of volunteerism continues to prevail despite the odds. In this edition of Chit Chat, we will be featuring the contributions made by our volunteers, as well as their shared experiences when it comes to adapting to the new normal.

Q1: What drives or motivates you to continue volunteering during the current COVID-19 situation?

Sabrina Tan: Art has always been something that I am passionate about and enjoy – be it painting, handicraft or any other form of art. When Dover Park Hospice came up with an art project which volunteers could partake in, I jumped on the opportunity and enjoyed the process of creating them. It was great fun!

Art brings me joy, especially with its vibrant and brilliant range of colours that could brighten up anyone's day, and so I thought it will also bring happiness to the patients as well.

Since it is tough to be physically present with the patients at Dover Park Hospice due to the COVID-19 safe management measures, partaking

in handicrafts and making postcards are a great way to bring a smile to the patients' faces despite being miles apart.

I believe happiness can be shared with others even if it is only for a moment. A moment of happiness is a moment treasured.

Lam Seow Ping: We should lead life as normally as possible while looking for alternative ways to contribute to society. Although many things may not be within my control, there are still many other things I can do to help myself and others around me.

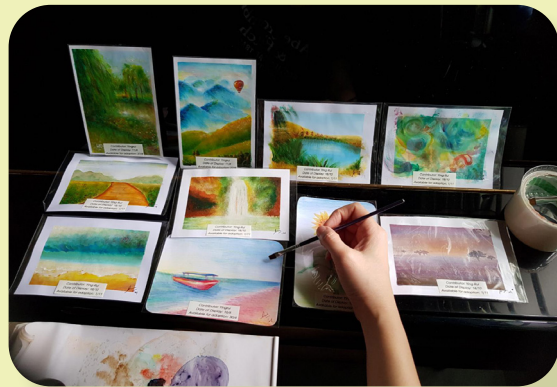
Huang Yingrui: It is during challenging times like this where I feel volunteers who still have the capacity to contribute, can step up and help in ways that we still can.

Working from home saves me a considerable amount of time in commuting between home and the hospice. I was quite happy to try out some of the different creative avenues such as designing postcards and creating content for Facebook which Dover Park Hospice had created for volunteers to contribute.

Designing postcards for patients and staff was particularly meaningful, as it is a rare opportunity for me to express myself artistically and

share the joy I get from interpreting beautiful sceneries and scenarios with the patients who may not be able to experience them first hand in this COVID-19 climate, where we bring the scenic 'walk' to them.

I look forward to being part of more channels where I can volunteer and hope volunteers who are keen, can join me as well!



Postcards by Volunteer Huang Yingrui

Q2: Do you have a personal story or reflection to share with others on your volunteering experience?

Lam Seow Ping: I am very grateful to have been given the opportunity to help out with a virtual outing for a patient at the National Orchid Garden. I was initially sceptical if the concept of a "virtual outing" would work. Although the virtual outing presented a different set of challenges as opposed to a typical physical outing, we managed

to engage the patient and I could see that she truly enjoyed it. We even ended the session with virtual hugs and her smile made my day.

Huang Yingrui: I will never forget the time a patient passed away during my watch at a vigil session.

It was the first time I experienced accompanying a patient on the last leg of his journey, gently patting him and silently, chanting the familiar Buddhist mantras he was listening to in my mind until he passed on. Standing by my side, the nurse told me that the patient was at peace and supported when he stopped breathing. It gave me a sense of purpose and emotional relief that we did what we could for him.

Two years later, my grandma became bedridden and was in a comatose state. Recomposing myself from the initial emotional turmoil, I recalled what the nurse had told me earlier. There was not much time left, so I focused on applying the palliative care skills that I had picked up at Dover Park Hospice, especially the holistic massage which she had enjoyed and cared for her close to a year before she left us in June 2021.

When you volunteer, the blessing is really on you - someday.

Next, let us hear from Gilbert Lew on how he felt being one of the two recipients of Dover Park Hospices Most Supportive Volunteer 2021 award. This award was presented to two volunteers who supported Dover Park Hospice in numerous ways, despite the COVID-19 situation.



Most Supportive Volunteer 2021
Mr Gilbert Lew

Gilbert Lew: I am sincerely thankful to the kind volunteer managers and late Auntie Marlene (Council

Personally, my dad passed away at Dover Park Hospice too, a few years into my volunteering service and prior to that, I heard first-hand from him how the hospice had cared for him, which made my family and I feel very touched and grateful! It can be fun and interesting too, serving with fellow big-hearted and loving volunteers of different ages, coming from all walks of life! The hospice constantly humbles and reminds me to be grounded, as its motto says 'Every Moment Matters'!

Member of Dover Park Hospice). Volunteering is made much easier, especially when we are supported! I am thankful to God for sustaining and enabling me to be someone who is able to serve others and hopefully, I am able to make a positive difference in the patients' lives.

GOING BEYOND TO MAKE A DIFFERENCE

Michelle Lau, our Medical Social Worker from Dover Park Home Care was conferred the "Promising Social Worker Award" at the Istana by President Halimah Yacob in November 2021. This award recognises exemplary social workers who have made an impact through contributing significantly to individuals and the overall community.

Since young, working with the elderly was something Michelle held close to her heart. Her first visit to a nursing home was during her primary school days, where she realised how gloomy and dull the environment was. Since then, she accumulated the drive and passion to transform people's perception of nursing homes and palliative care into a more positive one.

In recognising the need to better support caregivers during the COVID-19 pandemic, Michelle initiated a Telegram-based programme called #DPHCares for caregivers whose loved ones were under the care of Dover Park Hospice, in order to ensure that they were well-supported and connected. The platform provides consolidated self-care and community tips and resources that help to support caregivers in their caregiving journey.

With a heart to serve the community, Michelle is also the co-founder of a ground-up initiative called "KampungKakis", a neighbourhood buddy system which she founded with two friends during the Circuit Breaker in April 2020. This idea



was seeded with the hope to mobilise Singaporeans to help alleviate loneliness and bridge meaningful friendships within the neighbourhoods, just like back in the kampung days. With over 1,300 volunteers supporting more than 500 beneficiaries, KampungKakis has be-

come an important aspect of the social support system for seniors-in-need, especially during a time like COVID-19 where there is a risk of social isolation from the closure of common social spaces for seniors, like coffee shops and hawker centers.



Medical Social Worker Michelle Lau receiving the "Promising Social Worker Award" from President Halimah Yacob

While Michelle aims to serve the community, she faces her fair share of challenges as a Palliative Care Social Worker. Being someone who works very closely with patients and their loved ones, Michelle often finds herself being exposed to highly emotional situations on a daily basis, especially when a patient with whom she has formed a close relationship with, passes.

Whenever she feels overwhelmed, she chooses to seek support from her family and social work mentors who provide her with the affirmations and advice she needs. Personal time is also another thing Michelle prioritises, as she believes that it is important to process personal emotions so as to not let it interfere with how she cares for her patients.

Michelle prizes the spirit of resilience after working with the community and seeing how resilient patients and their families are. Her message to young, aspiring social workers is that acceptance is key. Accepting both the highs and lows, giving yourself permission to feel any emotion that arises, and finding your own support system is the proper way to go. Feeling discouraged is part of the process, and it is perfectly fine. The key is to focus on your own calling, and know that you are important and cherished by the people you serve.

Way to go, Michelle!