

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 October 2022 14 November 2022 12 December 2022	Pet-Assisted Therapy (2nd Monday of the month)	3:00 pm – 4:00pm	Ruby
Wednesday 19 October 2022 16 November 2022 21 December 2022	Soup for Patients (3rd Wednesday of the month)	12:00pm - 1:30pm	Pearlie's Angel's
12 October 2022 9 November 2022 14 December 2022	On Piano - Ms Yuko Arai	10:30am-11:30am	Sapphire (Musicians)
Saturday 1 October 2022 5 November 2022 3 December 2022	Birthdays	3:00 pm - 5:00pm	Diamond
1 October 2022 5 November 2022 3 December 2022	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3:00pm – 4:00pm	Aquamarine
8 & 22 October 2022 12 & 26 November 2022 10 & 24 December 2022	Popular evergreen songs for patients	11:00am - 12:00pm	Charis Amethyst
2 & 22 October 2022 12 & 26 November 2022 10 & 24 December 2022	Saturday Afternoon Sing-Along	3:00pm - 5:00pm	Blue Sapphire
22 October 2022 26 November 2022 24 December 2022	Pet-Assisted Therapy	10:00 am - 11:00 am	Ruby
1 & 15 October 2022 5 & 19 November 2022 3 & 17 December 2022	Arts & Craft	2:00pm – 5:00pm	Crystal
Sunday 9 & 16 October 2022 13 & 20 November 2022 11 & 18 December 2022	Kopi & Roti Session	10:00 am - 12:00pm	Soka

For more information on Dover Park Hospice 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
October - December 2022 Issue

ENLIVENING DOVER PARK HOSPICE WITH THE POWER OF MUSIC

In this issue, we invite our volunteer pianists, Mr Patrick Foo, Ms Yuko Arai, Mr Lin Xuzheng and Ms Shannon Choo, to share with us their volunteering experience as they fill our hospice with lovely musical pieces. Let's hear from them:

Q1: Share with us how long you have been volunteering at Dover Park Hospice as a volunteer pianist, and why at Dover Park Hospice?

Patrick Foo: I started volunteering in 2004 and have since received five Volunteer Appreciation Awards, the latest one was for my 15 years' of service. Volunteering was suspended since 2020 due to COVID-19, but I am glad I re-started volunteering in August 2022. My sister was the one who encouraged me to volunteer.

Yuko Arai: It has been 11 years for me. I especially like the open atmosphere of Dover Park Hospice, and the staff are always helpful and friendly.



Lin Xuzheng: I applied as a Dover Park Hospice volunteer in 2013, and attended the basic palliative care training from Allard Mueller in April. At that time, I was still a postgraduate student so I am able to come and play on weekdays which I enjoyed. I had my first piano playing session in May that year.

Shannon Choo: I started volunteering as a pianist in Jan 2022 and I found that the staff and volunteers from Dover Park Hospice are very warm.



Top left to right: Mr Patrick Foo, Ms Yuko Arai, Mr Lin Xuzheng
Ms Shannon Choo (bottom right)

Q2. Can you share with us one of your most memorable experiences when playing the piano at the hospice?

Patrick Foo: I remember once, a patient broke down during one of her requested tunes that was being played. It was probably due to a memory that was connected to the tune which had touched her, and it left a deep impression on me.

Yuko Arai: There are many. I often receive warm smiles and “thank you” from the staff and family members of patients who visit there.

Lin Xuzheng: I remember one day I was just sitting down and playing as usual and after the first piece I heard some gentle claps from the room near the piano. I turned around and there was a lady with white hair seated on her bed with a warm smile and nodding to me. On that day, for all the pieces I played, no matter modern, classic, or popular songs, she would applaud. It was very encouraging to receive that clear message that someone enjoyed the music. She was there the second time I went to Dover Park Hospice and she was with her family and they all looked happy. She felt like a friend already, a friend whom I have never spoken to but connected through the language of music. However, on my third time there, her bed was empty. This experience reminded me how

precious each moment is and how lucky I am to be able to play piano for these patients at the hospice.

Shannon Choo:

The most memorable session I did was my first volunteering experience. In my mind, I was thinking of playing the piano for the patients but they could not respond to me since they were mostly in their rooms. When I started playing the familiar tunes like ‘Morning has Broken’, ‘Sound of Music’ and ‘River Flows in You’, I heard some staff trying to guess what these songs were, while some are humming and singing along to the tunes. This immediately lifted the spirits of everyone at the hospice! In the middle of the session, one of the staff approached me and told me that what I was playing was very nice. I left the session feeling fulfilled knowing that the music I played had positively impacted the staff and patients in the hospice.



An Extraordinary Afternoon at Dover Park Hospice with Kit Chan and Jocie Guo

In preparation for the Dover Park Hospice Sunflower Charity Concert, local artistes Kit Chan and Jocie Guo visited the hospice on 15 August and spent a meaningful afternoon getting to know more about Dover Park Hospice and meeting our inpatients, Day Care clients and staff.

Kit and Jocie were led on a tour by CEO Timothy Liu and Medical Director, Dr Mervyn Koh and walked through the two-storey hospice of 50 beds, including visiting the “Quiet Room” where patients and family members can retreat into a private space for prayer and meditation. During the tour, they also met with a couple of our inpatients, Mr Ang and Mdm Chong, who shared her very own recipe book with the artistes.



Ending the visit with some fun, Kit and Jocie were invited to join our Day Care clients in a game of Bingo and Guess-What’s-In-The-Bag, where they teamed up with clients to win the games.

When asked about the visit, Jocie Guo shared, “To



me, ‘Making More Moments Matter’ is a reminder to love myself where I feel that everyone should love ourselves more. We have the choice to choose the path ahead for ourselves and ‘Making More Moments Matter’ adds on to the happiness in our lives.”

“It’s a comfortable, caring and loving place,” Kit added, as she described her impression of Dover Park Hospice and the staff whom she met during the visit.

Kit Chan and Jocie Guo performed at Dover Park Hospice’s first Sunflower Charity Concert titled “Making More Moments Matter 增。时” on 20 October 2022 at The Esplanade. They were among other local artistes such as Dick Lee, renowned lyricist and singer, Ng King Kang, veteran singers Pan Ying and Hong Shao Xuan covering 新谣Xinyao classics, along with other up-and-coming local artistes, who performed at the concert to raise funds for terminally-ill patients across our services.

