

Activity	Volunteer/ Group	Schedule
On Piano	Ms Yuko Arai	Monthly, 1st Tuesday, 10am-11am
	Ms Teo Suey Sung	Thrice-monthly, Tuesday, 10.30am – 11.30am
	Ms Shannon Choo	Weekly, Wednesday, 11am – 12pm
	Ms Ng Bie Tin	Weekly, Wednesday, 4.30pm - 5.30pm
	Dr Bonnie Jane Smart	Weekly, Thursday, 10.30am – 11.30am
	Mr Patrick Foo	Weekly, Friday, 4.30pm – 5.30pm
	Mr Lin Xuzheng	Bi Monthly, Saturday, 3pm – 4pm
	Dr Lai Kok Fung	Bi Monthly, Saturday, 5pm – 6pm
Happy Hour	DPH Volunteers	Weekly, Monday, 4pm – 5pm
Hair-Cutting	Sunstone	Weekly, Tuesday, 8.30am – 10.30am
Soup for Patients	Pearl	Monthly, 3rd Wednesday, 11.30am
Patients' Outing	Emerald	Weekly, Thursday, 8.30am – 12pm
Lim Kopi for Patients	DPH Volunteers	Weekly, Friday, 9.30am – 10.30am
Gardening	Topaz	Weekly, Saturday, 10am -11am
Massaging Patients	Opal	Weekly, Saturday, 3.30pm - 5.30pm
Virtual Pet Befriending	Ruby	Monthly, Saturday, 9.45am – 10.45am
Pet Befriending	Ruby	Monthly, Saturday, 10am – 11am
Arts & Craft	Crysyal	Monthly, Saturday, 2pm - 4pm
Sale of Merchandise	DPH Volunteers	Monthly, 1st Saturday, 10am - 12pm
Birthday Celebrations	Diamond	Monthly, 1st Saturday, 3pm
Popular evergreen songs for patients	Charis Amethyst	Bi Monthly, 2nd & 4th Saturday, 11am – 12pm
Kopi and Roti Session	Soka	Bi Monthly, 2nd & 3rd Sunday, 10am - 12pm

**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  
April - June 2023 Issue

### The Happy Hour team brings cheer!



Volunteers Catherine Chua (left) and Lam Seow Ping (center) getting ready for Happy Hour, together with staff member Ravi (right) (on DPH Experience)

*Once a month, our friendly volunteers from the Happy Hour team bring joy to patients and staff by giving out delicious snacks and refreshing drinks. This simple yet fun activity of being able to choose their favourite treats from a cart full of tidbits and beverages is part of our whole-person care which aims to care for patients not only physically but also psychologically, socially, and spiritually. Hear from our Volunteers — Catherine Chua, Lam Seow Ping, and Merle Dragon — about their experience in the Happy Hour team!*

#### Why did you choose to volunteer with the Happy Hour team?

##### Catherine Chua

To me, Happy Hour means bringing happiness to patients and staff, and this is something I feel I can do through my small act of service. Though I cannot nurse them, I want to be there physically to support them and temporarily relieve them of their anxiety and stress.

The staff have worked very hard for their patients, and I am happy that at the end of the day, I can serve them in return.

##### Lam Seow Ping

I have been with Emerald Group, a team which brings patients on outings, for years. But due to COVID-19, outings for patients were halted. Joining the Happy Hour team allows me to come back to the Hospice to volunteer in person. It allows me to engage the patients in a safe manner. In addition, I also get to interact with staff and visitors at the Hospice and it is my hope that the drinks and snacks will bring joy to some of them.



# HAPPY HOUR

## Merle Dragon

I chose the Happy Hour team because besides helping to organise and prepare the cart, I like the interaction with other volunteers on the Happy Hour team. I enjoy having the opportunity to work hand in hand with my fellow volunteers to make Happy Hour rounds possible.

## What do you enjoy most when you volunteer with the Happy Hour team?

## Catherine Chua

During the Happy Hour sessions, it means so much to me when I see the patients' smiles and their anticipation of our arrival.

I feel very privileged to be given this opportunity to serve, interact and bring cheer to them. The appreciation from the patients, families, and staff motivates me and has taught me that even a small act can make someone happy.

## Lam Seow Ping

For me, it is the smile of the person receiving the drink and/or snack. It is most rewarding when the patient responds and enjoys the moment of being served.

## Merle Dragon

I enjoy serving everyone and seeing their smiles and receiving their gratitude. This is what motivates me and keeps me going.



Volunteers Catherine Chua (left) and Merle Dragon (right) getting ready for Happy Hour, together with staff member Clara (centre) (on DPH Experience)



Volunteers Catherine Chua (left) and Lam Seow Ping (right) distributing refreshments in the wards



Volunteer Lam Seow Ping (left) and nurses checking a patients' diet list

## A Message to Caregivers: You are First, Not Last!



Dover Park Hospice's first symposium, which focused on caregiver support, was held on 6 April 2023 at the Furama RiverFront hotel

Caregivers are often vulnerable to stress and burnout as they have to juggle many responsibilities and duties. It is important for them to manage their physical and mental health so that they have the strength to push through their caregiving journeys.

Since our founding in 1992, Dover Park Hospice has always placed emphasis on not only supporting patients, but also their caregivers. In commemorating our 30th Anniversary, we held our first symposium – Empowering Caregivers as Partners in the Caregiving Journey on 6 April 2023 with Professor Kenneth Mak, Director of Medical Services from the Ministry of Health as the Guest-of-Honour. The one-day symposium at the Furama RiverFront hotel brought practitioners, academia, policymakers, caregivers, and community service providers from the healthcare community together to share knowledge, views, and practices in providing comprehensive and continued support to caregivers of people with life-limiting illnesses.

As Singapore's population ages rapidly, there is an increasingly pressing need to bring our community together to empower caregivers of the terminally ill with the know-how to flourish in their caregiving roles.

“Caregivers are an important part of Singapore's social fabric, and we cannot let them remain

invisible. We need to take care of them,” said Dr Mervyn Koh, Medical Director of Dover Park Hospice, during the symposium.

At the symposium, we unveiled the key findings of a caregiver study commissioned by the Palliative Care Centre for Excellence in Research and Education. The study revealed how the COVID-19 pandemic and inflation have affected caregivers of Dover Park Hospice home care and day care patients and the resources caregivers wish to receive to help them in their caregiving duties.

One of the significant findings shows that an increase in costs of care is associated with 10 times increase in depression risk in caregivers. Read more about the study here: [www.straitstimes.com/singapore/over-40-of-caregivers-at-risk-of-depression-amid-challenging-environment-survey](http://www.straitstimes.com/singapore/over-40-of-caregivers-at-risk-of-depression-amid-challenging-environment-survey)

How can we support caregivers amongst us? If you have a friend or loved one who is a main caregiver, do check in on them regularly and offer help and words of encouragement. As a community, we need to pull resources together to support them. We can also begin by recognising their role in society and acknowledging their efforts. Doing so can also motivate them and lift their spirits to reduce depression risks.

To all caregivers: You are first, not last!