

# Volunteers' Schedule 2023

On Piano	Ms Yuko Arai	1st Tue	10.00am - 11.00am	Monthly
	Ms Teo Suey Sung	Tue	10.30am - 11.30am	Thrice-Monthly
	Ms Shannon Choo	Wed	11.00am - 12.00pm	Weekly
	Ms Ng Bie Tin	Wed	4.30pm - 5.30pm	Weekly
	Dr Bonnie Jane Smart	Thu	10.30am - 11.30am	Weekly
	Mr Patrick Foo	Fri	4.30pm - 5.30pm	Weekly
	Mr Lin Xuzheng	Sat	3.00pm - 4.00pm	Monthly
	Dr Lai Kok Fung	Sat	5.00pm - 6.00pm	Bi-Monthly
Happy Hour	DPH Volunteers	Mon	4.00pm - 5.00pm	Weekly
Hair-Cutting	Sunstone	Tue	8.30am - 10.30am	Weekly
Soup for Patients	Pearl	3rd Wed	11.45am	Monthly
Outing for Patients	Emerald	Thu	9.00am - 12.00pm	Weekly
Lim Kopi for Patients	DPH Volunteers	Fri	9.30am - 10.45am	Weekly
Gardening	Topaz	Sat	9.00am - 10.00am	Weekly
Virtual Pet Befriending	Ruby	Sat	9.45am - 10.45am	Monthly
Physical Pet Befriending	Ruby	Sat	10.00am - 11.00am	Monthly
Sales of Merchandise	DPH Volunteers	Sat	10.00am - 12.00pm	Monthly
Popular Evergreen Songs for Patients	Charis Amethyst	2nd & 4th Sat	11.00am - 12.00pm	Bi-Monthly
Crafts Making (for Merchandising)	Crystal	Sat	2.00pm - 5.00pm	Monthly
Birthday Celebrations	Diamond	Sat	3.00pm	Monthly
Ukelele Performance for Patients	Aquamarine	Sat	3.00pm	Monthly
Saturday Afternoon Sing-Along	Blue Sapphire	Sat	3.00pm - 4.00pm	Monthly
Massaging Patients	Opal	Sat	3.30pm - 5.30pm	Weekly
Kopi and Roti Session	Soka	2nd Sun	10.00am - 12.00pm	Monthly
<b>DAY CARE</b>				
Seated Tai Chi	Mr Tan Ngan Seng	Mon	11.00am - 11.45am	Weekly
Social and Cognitive Activities	Daycare Volunteers	Tue	1.45pm - 2.30pm	
		Thu		
		Fri		
Lim Kopi for Patients	DPH Volunteers	Fri	10.00am - 10.45am	
Seated Exercise	Ms Seow Mein Chou Ms Subathra Balasundram	Fri	11.00am - 11.45am	

# CHITCHAT

Volunteer Newsletter  
OCT - DEC 2023



## Volunteer Stories

### Old Memories New Adventures

Dover Park Hospice is Singapore's first purpose-built hospice which was established in 1992 and have since served over 12,000 terminally-ill patients. Since 1995, the hospice has been sited at 10 Jalan Tan Tock Seng in an iconic red-brick building that was designed with a serene and tranquil environment to provide comfort and care to terminally-ill patients and their families. In November 2023, Dover Park Hospice officially moved to our new home at the TSSH Integrated Care Hub (TSSH-ICH) within HealthCity Novena, with larger premises that will enable us to serve more patients. In this issue, we invite a few volunteers to reminisce about the past and share their favourite memories from volunteering at 10 Jalan Tan Tock Seng.

**Q1:** Could you share with us your favourite memories of 10 Jalan Tan Tock Seng? This could include special events in the past, your volunteering experience, or anything related to Dover Park Hospice that is significant to you.

### Joyful Outings and Lifelong Lessons

**Chan Yoke Wan:** I remember fondly how the late Mrs Ong Kim Ling took hospice patients for outings to 'makan angin' (a Malay expression which means to "get some fresh air") occasionally and soon started the Thursday Outing Group (TOG) in 1995/6, with a handful of volunteers, including myself. This activity proved to be very popular amongst patients and their relatives. In those exciting 'start-up' years, we engaged in a bit of Do-It-Yourself and trial-and-error, with the support of equally enthusiastic doctors and nurses. We had great fun and created countless heart-warming memories with our patients. I recall an incident when a patient, under the care of a volunteer who was inexperienced with handling

a wheelchair, ended up stuck in a shallow drain. The remorseful volunteer profusely apologised to the patient for the unfortunate mishap. However, the patient smiled sweetly and replied, "No pain, I am on morphine; I am so happy to be going outdoors".

“  
Indeed, we have learnt so much from these patients.

They generously share their stories with us, expressing kind concerns for our well-being even during their own challenging times. Their appreciation for our (sometimes clumsy) efforts will always remain in my memories.





## A Tapestry of Fundraising Feats

“  
I have had many wonderful memories of Dover Park Hospice!

**Helen Choy:** One of the years, the hospice organised a fundraising Walk-a-thon, where participants walked from 10 Jalan Tan Tock Seng to the old Police Academy. The volunteers who

participated even wore self-designed costumes for the walk! On top of that, I also remember a fundraising bazaar sale organised by volunteers at the hospice carpark. Last but not least, I also recall that the volunteers had once organised a candlelight walk for patients during Vesak Day and wheeled patients around the compound.

## A Journey of Compassion and Inclusivity

**Eda Bte Puteh:** In early 1994, I joined Dover Park Hospice as a volunteer from SAFRA. At that point in time, I still did not fully understand what a hospice was for. During my time at Dover Park Hospice, I encountered the first Malay female patient who told me, “I am going to die and nobody is going to read the prayers for me, nobody is beside me”. Her words left a deep impression on me, prompting contemplation and inspiring me to volunteer for a hospice.

In the early days of the hospice, there was also a shortage of Malay volunteers. I took the initiative and suggested to the former volunteer coordinator, Ms Alison Hack, to recruit more Malay volunteers. In 1996, we successfully conducted recruitment through the Arab Association, resulting in the addition of several Malay volunteers who continue to actively volunteer to this day. We even encouraged our own family members to join, emphasising the hospice’s mission to serve all patients, regardless of religion, race and age.

“  
Through volunteering, the patients have taught me a lot.

Witnessing what they have endured gives me the strength and courage to face my own challenges and persevere in volunteering.

On another occasion, Malay volunteers assisted in arranging and organising a solemnisation in the hospice’s auditorium for a patient who wished to witness her grandson’s wedding. It was a sombre yet joyous event for the patient, who passed away two days later.



## Capturing Moments in Time

**Lau Choi Ee:** I will always remember one of the staircase in the hospice, with red hand rails, that led up to level 3.

“  
It looked beautiful with a heavenly glow when the morning sun shone through it.

Back in the early days when we were

still using a film camera, as soon as we returned from outings, we would send the film for print. I recall an instance where we had a patient who was very ill and who had visited Jurong Bird Park with us in the morning. I managed to receive the printed photos taken during the outing and handed them to the patient in time before he passed on a few hours later.

there will be more opportunities for volunteers to help and more activities for the patients. May the Volunteer Programme Team continue to do their best for the hospice!

**Lau Choi Ee:** I hope all staff and volunteers can make use of the additional space and facilities at the new location to better serve patients and their families.

Hospice continue to receive all the support.

**Eda Bte Puteh:** The move is definitely to a better place. I hope volunteers will continue to always have compassion and be there for the patients. Volunteering is tireless work, but to me, helping others is like helping ourselves. Whatever you give to others, it will come back to you. I hope Dover Park Hospice continues to keep up the good work and excel in the future. I hope



**Q2: Do you have any well wishes or words of encouragement for Dover Park Hospice in its move to the new Integrated Care Hub facility?**

**Chan Yoke Wan:** Looking ahead, the new premises is like an exciting fresh ‘start’ once more, almost three decades later. I hope the outing team can continue to improve, and together with all of Dover Park Hospice, be able to meet the needs of our patients and their families, who appreciate our sincere efforts.

**Helen Choy:** Firstly, congratulations on the move! Wishing you all the best in your new home, may Dover Park



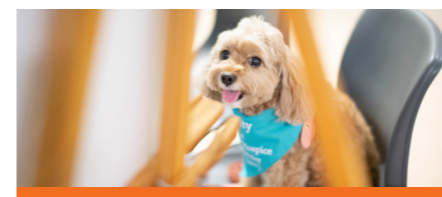
## Farewell to Familiar Walls

On the memorable evening of November 10, 2023, Dover Park Hospice hosted a poignant farewell party at its longstanding home located at 10 Jalan Tan Tock Seng. Themed ‘Honouring Our Past, Welcoming Our Future,’ the event brought together a remarkable gathering of 120 guests, including the hospice’s co-founders, long-serving volunteers, donors, and steadfast supporters.



“  
The red-brick building buzzed with warmth as familiar faces and friendly conversations filled the air, creating an atmosphere of shared memories and cherished moments.

The festivities commenced with engaging open house activities, featuring captivating performances by volunteer groups such as Blue Sapphire and GEMS Showchoir. Attendees also had the opportunity to explore booths like ‘Lim Kopi’ and ‘Pet-assisted Befriending,’ offering a firsthand experience of the services provided for patients. A ‘Walk Down Memory Lane’ booth showcased the hospice’s remarkable milestones, while a 3D Virtual Hospice Tour allowed guests to revisit our old premises and learn about the stories behind the spaces.



The Nursing team and the Palliative Rehabilitation Unit also organised a staff sharing session, shedding light on the medical services offered by the hospice.

To commemorate the event, guests had the chance to purchase memorabilia, including a Sunflower Teddy Bear, an acrylic table-top photo, and a clay coaster featuring the iconic red building.

The evening continued on at the Auditorium where Dover Park Hospice’s Chairman, Associate Professor Jeremy Lim, delivered the opening address, followed by a heartfelt Harp performance by volunteer, Joanne Gan. Co-founders Dr Seet Ai Mee and Dr Jerry Lim, along with long-term volunteer, Mr Chandran, also took the stage to share heartwarming stories from the hospice’s founding days. Our co-founders were each presented with exquisite Nagomi art pieces, handcrafted by Nagomi teacher, Ms. Audrey Ng, as tokens of appreciation for their unwavering commitment to the hospice’s vision and mission. Our CEO, Dr Liew Li Lian, then delivered a closing speech expressing her gratitude

to volunteers, donors, and all who contributed to the hospice’s growth.

As a final act, guests wrote down their well-wishes before gathering for a group photo—a memorable groupshot at the old Dover Park Hospice building.

The evening concluded with a delightful buffet, fostering moments of connection and gratitude amongst the guests. As we bid farewell to our old home, we are excited to embark on a new chapter ahead at the TISH Integrated Care Hub.

