

CHITCHAT

Volunteer Newsletter
JAN - MAR 2024



Volunteer Stories



Thank You
Volunteers!

On 25 November 2023, Dover Park Hospice held a Volunteer Appreciation event at its new home at the TTSH-Integrated Care Hub, to recognise the efforts and appreciate the contribution of the hospice's volunteers.

Dr. Tanya Tierney, Chairman of Dover Park Hospice's Volunteer Committee, even presented Special Recognition and Long Service awards to several volunteers, with the event ending with a mini buffet lunch at the Sky Garden to celebrate the achievements.

In this edition of Chit Chat, we speak with a few of the award recipients, to find out about their volunteering experience. They include (1) Cecilia Chan (Rookie of the Year), (2) Sabrina Tan (Outstanding Volunteer) and (3) a few volunteers from Project Lim Kopi who won the Special Recognition Group award.



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Sabrina Tan



Cecilia Chan



Ng Lay Suan



Eunice Ng Chee



Christina Ang

Q1: What motivates you to volunteer with Dover Park Hospice?

Sabrina Tan: I often see seniors sitting around alone and having nobody to talk to. When I visit hospitals, I observe that many elderly patients sit by themselves. They are in their old age and often in pain, so I volunteer my time to be with them.

Cecilia Chan: I started volunteering due to my strong belief in giving back my time to the community, especially for those in need. During my working days, I often pondered about how to make my retirement years more meaningful. I then researched on different volunteering opportunities and saw a few video clips on Dover Park Hospice. That video showed how the volunteers engaged with patients in different ways to help them live comfortably at the end of life, this truly touched my heart and motivated me to sign up as a volunteer at the hospice too. I am thankful to Dover Park Hospice for accepting me as a volunteer, and giving me the opportunity to show kindness, compassion and care to patients through befriending them.

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It encourages my heart and gives me courage when I can cheer them up by interacting with them,

adopting their dialect to communicate with them or by empathising with them when they share their struggles. I recall one instance when a caregiver thanked me for chatting with his mom. It was heartening to hear that his mom,

despite her quiet demeanour, thoroughly enjoyed chatting with me. She eventually passed on peacefully two weeks later. My memories of all the patients whom I have interacted with would always be something I treasure.

Ng Lay Suan: In 2008, my father was admitted to Dover Park Hospice due to late-stage liver cancer. Even while his days were numbered, the hospice staff and volunteers continued to provide him with excellent palliative care. Inspired by their hard work and dedication, I decided to follow in their footsteps and become a volunteer myself so that

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I could give back and ensure those nearing the end of their life were in good hands.

Eunice Ng-Chee: Having journeyed with two of my very dear loved ones in their battle against the same dreadful disease, I came to realise how important holistic palliative care is to patients and their caregiver/s. If there is any least bit that I can contribute here, I am happy even to be just a stitch in this garment of warmth.

Christina Ang: Volunteering allows me to make a real difference in the lives of the patients and make them feel happier. Our excellent volunteer management team provides regular updates and cares for the well-being of the volunteers very well.

Q2: What are your personal goal(s) for volunteering in 2024?

Sabrina Tan: I have no goals. To me,

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putting laughter and smiles on the faces of our clients is my aim.

Cecilia Chan: In 2024, my goals are to have more chances to volunteer in various other roles in Dover Park Hospice and by looking into how I can volunteer more in the larger community.

Ng Lay Suan: My main goals for volunteering this year are to be able to focus more time and effort on helping our terminally-ill patients in Dover Park Hospice, and reassure their loved ones that they are in good hands with us.

Eunice Ng-Chee: I hope to provide the patients with as much normalcy (and nostalgia too!) as best as I can. To let them know that they are not alone.

Christina Ang: My goal is to be available to support Dover Park Hospice at least 80% of the time, to learn new things with every activity and to provide more support to the patients. I also hope to build stronger teamwork and rapport with my fellow volunteers –

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to have fun, feel fulfilled and purposeful.

TTSH Integrated Care Hub is Officially Opened!



On 19 March 2024, the TTSH Integrated Care Hub (ICH) was officially opened by **Minister for Health, Mr Ong Ye Kung**, who graced the event as **Guest-of-Honour**. Held at the Level 1 atrium of the 17-storey building, the opening celebrates ICH's focus to better support patients and families towards independence at home and provide seamless access to palliative care.

The celebration started with a performance by Cat Ong, from Sing'theatre, followed by a special video that showcases ICH's programmes. The CEOs from Tan Tock Seng Hospital and Dover Park Hospice then took the stage to share their respective welcome remarks, with Minister Ong rounding it up with a speech that affirmed Ministry of Health (MOH)'s effort in enhancing support for palliative care in Singapore.

The event concluded with a tour around ICH and Dover Park Hospice, where we met our inpatient, Mr Tay, as well as our friendly volunteer dog, Jacque, who was there for a pet-assisted activity.



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The celebration culminated in the launch of a collage artwork titled “Making Every Moment Count”, which was jointly created by patients, caregivers, staff and volunteers of the ICH community.

Dover Park Hospice was relocated to the ICH building last October, and works closely with Tan Tock Seng Hospital under the Integrated Palliative Care Programme to provide earlier, and more seamless access to end-of-life care for patients. This programme will allow more terminally-ill patients to receive earlier referrals to Dover Park Hospice's inpatient, day care or home care services.



Welcome
to our
new home!

Volunteers' Schedule 2024

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
DAY CARE				
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	