

CHITCHAT

Volunteer Newsletter

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DOVER PARK HOSPICE
Every Moment Matters

Volunteering with



As we celebrate
Mother's Day and Father's Day
in May and June respectively,
we highlight the special bonds
formed through
family volunteering at
Dover Park Hospice (DPH).

This edition features the heartwarming stories of impassioned parent-children pairs who dedicate their time to our community. We hope these touching narratives inspire you to join us and experience the joy of giving back together with your loved ones.

A Family Bond Through Volunteering



Muhammad Khafez bin Mhd Agus: Volunteering with My Parents

I started volunteering by helping my parents, with the birthday and Hari Raya celebrations at DPH. Initially, I just followed them out of curiosity, helping out here and there. Then one day, my parents asked me to join them officially. I was not sure if I could commit, but I eventually went with the flow.

Over the years,
I have grown closer to my parents

expanded my circle of friends, and learned to be more compassionate through my interaction with the patients here.

Muhammad Agus bin Othman: Fostering Family Bonds Through Service

As part of the DPH Diamond volunteer group, we organise monthly birthday celebrations and provide spiritual support to Muslim patients when needed. We also provide befriending and home care services, such as spring cleaning and hair-cutting.

My journey with DPH began after attending a DPH roadshow in 1996, organised by two Malay volunteers, Ms Sharifah Mariam and Ms Eda Puteh, at the Singapore Arab Association. Recognising the need to support Muslim patients and hospice care services, I decided to sign up as a

volunteer. I wanted to include my family in this meaningful work, so I brought along my children, including Khafez.

This experience has been deeply fulfilling and seeing my son's continued involvement brings me great satisfaction.

Volunteering at DPH has been a source of immense joy for our family."



A Father-Daughter Legacy: Inspired to Volunteer

Lee Chuan Too: Inspired by My Daughter to Serve

Joining DPH as a volunteer was thanks to my daughter who has been a nurse here for nine years

Six years ago, she suggested that I volunteer after my retirement to stay physically and mentally active. I agreed, and during my interview, I was asked how I would react if a patient threw a bowl at me. My response was that the patients are at their end-of-life and there is no need to take such actions personally.

Interacting with patients has deepened my understanding of their struggles. For instance, a patient with colorectal cancer who was single, had initially rejected my visits. On my subsequent visit, she began painting, revealing her talent. She was creating art enthusiastically to raise funds for the hospice, where I was filled with immense respect for her. Another patient with brain cancer had touched my heart

when his wife said, 'I'll bring him home after he pass.' There was another an 88-year-old patient with a sharp mind and a love for singing, inspired us to organise a special concert for her at the hospice.

We would usually assume that volunteering is a form of giving but volunteering at the hospice has taught me that the true beneficiaries are the volunteers. The patients taught us valuable life lessons, helping us prepare for life's final journey. Each service is a chance for learning and growth, filling my heart with gratitude. We honour the medical staff and, most importantly, the patients who teach us so much about life and resilience.

Nurse Jing Ru: With My Father Volunteering at My Workplace, Our Father-Daughter Bond Strengthened

Volunteering brought us closer together

as we could share our observations for the same patients that we care for and talk more openly on issues surrounding death and dying. My father also understands my work better after he became a volunteer here. Sometimes, when I have

patients who are estranged from their families or are alone, I will "refer" them to my father and he will befriend them. I remember caring for a patient with metastatic prostate cancer who enjoyed going for the outing every week. My father is part of the volunteer outing group that brings patients to places of interest in Singapore once a week. The patient was not the most comfortable sharing his feelings

with the clinical team but very comfortable sharing with the volunteers. It was reassuring when my dad told me that the patient shared that he enjoyed his stay in the hospice. I was able to share this information with the clinical team as well.

After my father started volunteering in the hospice, I have noticed changes in my father's perspective on end-of-life care and compassion. Firstly, he has become more open to talk about issues on death and dying. He has already shared his care preferences and wishes with me, should he not be able to make decisions for himself one day. In addition, he expresses his love for the family more openly now. Previously, he would show his love to us only by acts of

service. Now he will also use words of affirmation and openly express his love to us.

On a personal level, I hope that my father's volunteer work at the hospice will reinforce his beliefs on life and death being part and parcel of life and prioritise his time to do things that are important to him. Within the community, I hope that he will be able to encourage his peers to volunteer here too.

If there are other staff members who are considering involving their family members in volunteer work here, I would say – just go for it! You never know how impactful it might be for your loved ones to volunteer in the hospice.



A Mother - Daughter Journey: Cultivating Compassion Through Volunteering

Yeo Jing Ping: A Mother's Journey in Volunteering

My daughter, Dai Lin and I are deeply appreciative of the opportunities to serve at DPH.

Our involvement spans two primary activities - gardening with the DPH Topaz volunteer group and befriending patients through the DPH Sapphire volunteer group. Additionally, I lend my support at the weekly *Lim Kopi* sessions and participate in the DPH Ambassador volunteer group's outreach activities whenever possible.

The journey of palliative care became profoundly significant in my life 17 years ago, following my mother's diagnosis of terminal cancer. Having witnessed her navigating her final journey with dignity deeply resonated with me, as I underwent cancer treatment myself. Despite the initial hesitations to confront the emotions of sadness and disappointment, the urge to contribute was reignited upon encountering a volunteer recruitment advertisement. This was a catalyst that prompted me to finally commit and sign up, embarking on a path of meaningful service alongside my daughter.



Goh Dai Lin: Finding Joy in Volunteering with Mum



I delight in befriending sessions, listening to patients' stories, and sharing in their joys and challenges. Being in the gardening volunteer group, seeing the happiness that the flowers bring to them is incredibly rewarding. My journey started when my mum pointed out a volunteer advertisement during my secondary school holidays.

Over the past six to seven years,

volunteering with my mother has brought us immense joy and meaning.

We believe in the power of serving others, whether directly through befriending or indirectly through gardening and ambassadorship. We wholeheartedly advocate for volunteering alongside loved ones.



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 Ng Bie Tin	Tue	4.30pm - 5.30pm	Weekly
	Ms Shannon Choo	Wed	11.00am - 12.00pm	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
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
Massaging Patients	Opal	Sat	2.30pm - 4.30pm	Weekly
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
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	1.30pm - 3.00pm	
		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	