

CHITCHAT

Volunteer Newsletter

OCT - DEC 2024



DOVER PARK HOSPICE
Every Moment Matters

GEMS Volunteers Return to Dover Park Hospice's Gala Stage with a Moving Performance



On 17 August 2024, Dover Park Hospice hosted its annual fundraising gala, with this year's theme, '*Metamorphosis*,' symbolising the transformative journey of life.

The event raised \$1.1 million, providing essential support for patients and caregivers.

Among the evening's highlights was a moving performance by the volunteers of DPH GEMS Show Choir, whose renditions of '*We Are the World*' and '*A Million Dreams*' perfectly captured the evening's theme, leaving a lasting impression on the audience through their harmonious vocals and seamless dance choreography.

How do the volunteers of the GEMS Show Choir prepare for the performance and the level of commitment involved? How does it feel to be a part of Dover Park Hospice's annual gala, and what does this event mean to you personally? Were there any personal takeaways you would like to share?

Gillian Tan: Behind the Scenes: Dedication and Joy in Every Note

Aside from our weekly GEMS practice, we also rehearse individually until we're confident and familiar with our respective singing parts. Being fully committed to this is essential, as it's one way we can ensure the success of the team's performance.

Everything we worked on culminated in the Gala. My focus was on ensuring the performance would go smoothly and contribute to the success of the fundraising event, rather than the glamour of the evening.

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It was incredibly rewarding to enjoy the moment we had worked so hard for – entertaining guests and collaborating with my fellow GEMS volunteers!



Janice Phua: A Harmonious Journey: Dedication, Teamwork, and Purpose

Preparing for a GEMS Show Choir performance is a true team effort, driven by dedication and passion. We come together for weekly rehearsals, but the work doesn't stop there - practising at home is also essential to ensure we've mastered everything. Watching our rehearsal recordings also tremendously helps us in fine-tuning our parts and perfecting the dance moves. We constantly support one another, whether it's remembering harmonies or navigating tricky steps. Everyone is committed to attending rehearsals, but when life gets in the way, I always make sure to catch up with the recordings. Our commitment to this performance is real, and we all take it seriously to deliver our best performance every time.

Being part of Dover Park Hospice's annual gala is not only an honour but also incredibly meaningful, as we're raising funds for such a vital cause.

This gala directly supports the hospice's mission of providing compassionate care, and it is a privilege to contribute through our performance. Having been involved for 12 years now, I've experienced the joy of working with different GEMS volunteers and facing new challenges, especially when we need to adapt and make adjustments along the way. While rehearsals can be tough at times, the camaraderie and shared purpose makes it all worthwhile.

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Each performance leaves me with a deep sense of fulfillment, knowing that our efforts are making a difference in people's lives.

Gilbert Lew: United in Purpose: A Celebration of Life and Humanity

We rehearsed weekly for half a year, guided by our music teacher and dance instructor. We started off by learning the song, then the dance, and towards the end, we combined both, which was the most challenging part.

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We couldn't have done this without the support of our fellow volunteers; each one of us brings different skills to the table, and we help one another improve.

Of course, we also need to do our homework and practise on our own time!

Being able to contribute and serve the community together as a like-minded group is wonderful. We all come from different walks of life, yet we are united for the same cause. It inspires me to continue this journey, seeing other big-hearted volunteers supporting this charity. It truly is a celebration of life and humanity!

Cassandra Lotina Luey: Passion with Purpose: Giving It Our All for a Cause

For six months leading up to the Gala, we held weekly practices. We started by learning the songs and later incorporated the choreography with the guidance of our talented and patient vocal coach and choreographer. Our costumes, designed and made by the students from Raffles Education, were finalised just two weeks before the event.

In the days leading up to the Gala, we even had to avoid spicy and 'heaty' foods—sadly, that meant no durian! On the day of the Gala, we did soundchecks, rehearsed on stage, and then got ready with hair and makeup before the performance.”

I feel very lucky and humbled to be part of the DPH Gala.

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It's rare to find an opportunity where you can pursue your passion for both singing and dancing while contributing to a compassionate cause you truly believe in.

(And we're not even professionals!) I do get nervous before going on stage, but all the effort feels worthwhile afterward because I know the funds raised will go toward helping care for the patients.

Being in the GEMS Show Choir is so much fun, and the thoughtful coaches and DPH staff are always supportive and take good care of us. My personal takeaway? Just give it a try, even if it seems daunting at first. You'll be surprised by what you're capable of!

Candy Chan: Harmonising for a Cause

We began our rehearsals for the Gala in March this year. Under the guidance of our vocal coach, Mrs. Kwek-Phuah Hwee Khee, we started every rehearsal with vocal warm-ups to improve our vocal health. With the help of our choreographer, Mr. Gino Flordeliza Babagay, we focused on the dynamics and emotional expression of our pieces to make the performance more engaging.

Consistent attendance at the rehearsals was crucial, as missing them would disrupt the group's progress and cohesion. Being part of the GEMS Show Choir involves close collaboration, effective communication, and maintaining a positive attitude to ensure a harmonious group dynamic.

Performing at Dover Park Hospice's Annual Gala event was truly an honour.

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It's more than just singing; it's about being part of something larger than oneself.

The experience encompasses the friendships formed, the challenges we overcame, and the joy of performing together.

One of my personal takeaways is that coming together with others to support a meaningful cause has become one of the most memorable aspects of my musical journey thus far.

It's Been a Year in ICH - How Are We Doing?



A Space to Support the Delivery of Quality Care

Moving to TTSH-ICH (Integrated Care Hub) has given us a comfortable environment to grow our inpatient capacity and home care team allows us to accommodate various patient needs. For example, for caregivers who are unable to cope at home and for patients who prefer to receive care at home.

Being connected to TTSH by the link bridge also ensures we have a safe and fast flow of patients and medical supplies. We are also in the same building as the PISCES (Palliative, Integrative, Supportive, Complementary, Empowering and Spiritual) ward, which gives our patients access to services (such as Chemotherapy, ICU, etc.) only found in an acute hospital, covering the entire spectrum of care in one building.

Love for Sky Garden



Sun Yee Wee

Executive, Patient Services

Worked in Dover Park Hospice for 3 years



June Guzman

Executive, Admin, Operations & Facilities
Worked in Dover Park Hospice for 16 years

Hungry?

Here are some nearby lunch recommendations by our staff!

- Good Salad at TTSH-ICH
- Hawker at Balestier Market
- Food Court in Zhong Shan Mall
- 57° Mala Xiang Guo at Shaw Plaza

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The new space that I like most is Level 4 Sky Garden, as I can have my lunch in a comfortable and enjoy the natural environment. Our move to ICH makes it more comfortable to walk to and from work, as it is fully air-conditioned with shelter.

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I also enjoy the Sky Garden here the most! I think the new space in ICH is cool and awesome, although I see fewer visitors which I miss compared to the old building.

Let's Thrive Together!

“What we do now, in the next few years, is to get really comfortable in our ICH home and then make sure that Dover Park thrives. What do I mean by this? It's you! If you thrive then Dover Park thrives.

And therefore, our patient care will always be of a certain quality.

- Dr Liew Li Lian, CEO of Dover Park Hospice



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	