

Weekly	Activity	Time	Group
Monday	On Piano – Ms Ng Bie Tin	4.00pm – 5.00pm	Sapphire (Musicians)
Tuesday	Hair-cutting	8.30am – 10.30am	Sunstone
Wednesday	Library Volunteers	10.00am – 12.00pm	Sapphire
Thursday	Patients' Outing On Piano – Ms Yuko Arai	8.30am – 12.00pm 9.00am – 10.00am	Emerald Sapphire (Musicians)
Friday	Happy Hour On Piano – Mr Patrick Foo	4.15pm – 5.15pm 5.00pm – 6.00pm	Sapphire Sapphire (Musicians)
Saturday	Gardening On Piano – Mr Lin Xu Zheng Dr Lai Kok Fung	10.00am – 1.00pm 3.00pm – 4.00pm 4.00pm – 5.30pm	Topaz Sunshine Sapphire (Musicians)
	Massaging Patients	4.00pm – 6.00pm	Opal
Sunday	On Violin – Ms Samyukta Balsubramani On Piano – Mr Kelvin Hwang	11.00am – 12.00pm 5.30pm – 6.30pm	Sapphire (Musicians)

Monthly	Activity	Time	Group
Monday			
12 Mar & 9 Apr	Pei-Assisted Therapy	2.30pm – 3.30pm	Ruby
Wednesday			
21 Mar & 18 Apr	Soup for Patients	12.00pm – 1.30pm	Pearlie's Angels
Saturday			
3 Mar & 7 Apr	Birthdays	3.00pm – 5.00pm	Diamond
3 Mar & 7 Apr	Ukulele performance for patients by Moulmein Cairnhill Ukulele Interest Group	3.00pm – 4.00pm	Aquamarine
3, 17 & 31 Mar 7 & 21 Apr	On Piano – Ms Mikaela Low	10.30am – 11.30am	Sapphire (Musicians)
10 & 24 Mar 14 & 28 Apr	Popular evergreen songs for patients	11.00am – 12.00pm	Charis Amethyst
10 & 24 Mar 14 & 28 Apr	Saturday Afternoon Sing-Along	3.00pm – 5.00pm	Blue Sapphire
24 Mar & 28 Apr	Pei-Assisted Therapy	10.00am – 11.00am	Ruby
3 & 17 Mar 7 & 21 Apr	Arts & Craft	2.00pm – 5.00pm	Crystal
Sunday			
11 & 18 Mar 8 & 15 Apr	Kopi & Roti Session	10.00am – 12.00pm	Soka

Training Courses	Date	Time	Venue
<i>Courses are conducted in English</i>			
Introduction to volunteering at DPH	5 Mar (Monday)	7.00pm – 8.00pm	Resource Room
Orientation for volunteers	14 Apr (Saturday)	9.00am – 1.00pm	Resource Room
Basic Palliative Care Part 1	21 Apr (Saturday)	9.00am – 4.00pm	Resource Room

For more information on DPH programmes, please contact:
Tok Shou Wee at Tel: 6500 7265 / HP: 9048 9174 or email shouwee_tok@doverpark.org.sg

ChitChat



DOVER PARK HOSPICE
Every Moment Matters

Newsletter for Dover Park Hospice Volunteers • Thank you for Volunteering

Mar – Apr 2018

Q&A with Gurmit Singh, goodwill ambassador of Dover Park Hospice

In August last year, Dover Park Hospice (DPH) appointed local celebrity and television personality Gurmit Singh to be its Ambassador for its 25th Anniversary outreach campaign, **“Hospice care is a wise choice”**.

He is the first celebrity ambassador for DPH, a secular charity hospice. He has been helping to bust myths about hospice care and spread awareness on how hospice care can help seriously-ill patients live life meaningfully and with purpose, making every moment matters. In this issue, Gurmit shares more with us about how hospice care is a wise choice.

Why did you decide to be an ambassador for DPH and hospice care?

When I had the initial meeting with DPH, I was astounded and touched by the work being done here. Like most people, I was not aware of the good work that is being done here and how hospice care is indeed a wise choice. I was of the impression that hospice care was the place for unfilial children to drop off their ill parents and wash their hands off their duty and obligation. But nothing could be further from the truth. So after hearing the work they do here for the patients and their families and caregivers, it was a no brainer for me when DPH asked me to be their goodwill ambassador.

What is your personal experience as a caregiver?

My Mom and Dad passed away in 2001 and 2003, respectively, from cancer. It was a trying time. A stressful time. It was a continuous challenge to



make sure that their needs were met. I remember having to drive at full speed, ignoring all traffic rules, to get to my Dad who was in excruciating pain and then to get him to the hospital in the wee hours of the morning. The constant worry of having to make sure they had the right medicine and dosage and at the right time was just one of the variety of everyday challenges. Had I known about hospice care then, I would have chosen that option without hesitation.

What was your impression of DPH when you first visited and also when you joined in our volunteer activity (occupational therapy sing along session with our patients)

What was startling to me was how open and bright DPH was. I had the misconception that the place was going to be gloomy, dark, tight quarters because back then, I thought, after all, people come here to die (which is another misconception!). When I joined the occupational therapy session, I was touched by the zest of the volunteers and the positivity of the patients to enjoy as much as possible with whatever time that was left here for them just blew my mind.

Why do you think hospice care is a wise choice?

I don't think it is a wise choice. I KNOW it is a wise choice. If you could take an hour to just come down to DPH and talk to one of our staff and/or volunteers, you will easily come to the same decision. All our misconceptions and prejudged



biasness will be eradicated and you will have new found respect and gratitude for the hospice care as a whole. A care that is total, holistic and nurturing. The hospice not only tackles the symptoms of the patient but they also provide psychosocial aid to the patients and their caregivers. And even after the patient has passed on, the hospice follows up with the bereaving family to ensure that they are not alone but instead are given both emotional and psychological support.

Some people may find it hard to broach the topic of dying or advanced care planning with their loved ones, e.g. their aged parents. Do you have any advice for them on how they can initiate this conversation?

The irony is that it was discovered through surveys and so on, that the aged have no qualms about discussing such topics. It is the younger generation that is afraid to bring up the subject because they are afraid that they may seem unfilial or the like. But we know this is not true and anyone reading this should take to heart that you CAN broach the subject. The question is how you do it. You would not want to start the conversation like "Eh, how you want to die ah?". If you do that, I will come and slap your head myself. But when you converse with your aged relative or parent, you could talk about the future and how they would like to live in 5/10/20 years' time, any bucket list to satisfy, and the light topic starters that can lead to the topic of living the last days of one's life.

Do you have any words of advice for aspiring volunteers or volunteers who may be new to Hospice and Palliative Care?

Volunteers, aspiring or otherwise, need to do this from the bottom of their hearts and do it with the understanding and belief that this is NOT about you. Don't do this out of guilt. Don't do this because you have something to prove. Don't do this because you think you will get brownie points for your afterlife. You get the idea. You can't, you mustn't, you shouldn't because all these reasons mean that you are doing the volunteer work for yourself. Do it for the patients. Do it because it is your passion. Do it out of love.

Dr Lam Pin Min Visits DPH

On Monday the 11th December 2017, Senior Minister of State for Health and Transport, Dr Lam Pin Min, visited Dover Park Hospice and was able to meet patients, their family members, DPH Volunteers and staff.

As part of his tour around the wards and facilities, Dr Lam witnessed an art therapy session and also had a chance to see our Pet-Assisted Therapy group (also known as Ruby) in action to better understand the importance of therapy as part of DPH's social care for the patients.



Bernard Yeo, leader of the Ruby group, explained to Dr Lam that the pets are brought in fortnightly to interact with patients, as well as the patients' family and caregivers. He also emphasised the effectiveness of Pet-Assisted Therapy in hospice care. He commented, "When people meet pets or when they spend time petting a pet, they usually become more relaxed, and it's been clinically proven that the blood pressure will lower."

Dr Lam took the time to play with the pets and affirm our volunteers, acknowledging the value of their contributions to DPH and the wider community. The paediatric ophthalmologist in him could not help but examine the pets' eyes as he gave each furry friend some attention!

After the tour around DPH, there was also a brief discussion between Dr Lam, and Chairman Professor Lionel Lee, CEO Timothy Liu and Medical Director Dr Ong Wah Ying about the needs and direction of DPH. After the visit, Dr Lam commented that he was "impressed by the facilities and dedication of the staff in servicing the physical, emotional and spiritual needs of end-of-life patients."

Dr Lam was also the Guest of Honour at DPH's first community Roadshow last September, held at Bishan Community Club.

