

CHITCHAT

Volunteer Newsletter

JUL - SEP 2024



DOVER PARK HOSPICE
Every Moment Matters

Honouring the Memory of The Departed Through *Volunteerism*



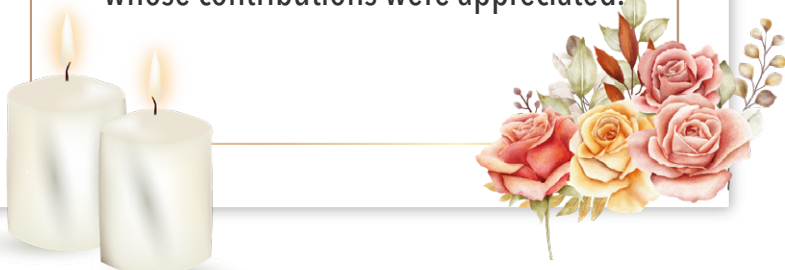
This edition features the touching experiences of how **our volunteers** dedicate their time with us to honour the departed patients we have served at Dover Park Hospice.

We hope these reflections inspire you to keep making a meaningful difference with us on your volunteer journey.

The **Rose for Remembrance** event was a non-religious memorial service dedicated to honouring and commemorating patients under the care of Dover Park Hospice (DPH).

Held on 3rd August 2024, this event featured a thoughtfully designed activity aimed at paying tribute to the lives of those supported by DPH.

The event benefited greatly from the support of our dedicated volunteers, whose contributions were appreciated.



How has volunteering for Rose for Remembrance influenced your understanding of grief and the ways people cope with loss? Were there any particular moments that were especially memorable for you?

Helen Choy: Finding Comfort and Healing Through Remembrance

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I have learned that people handle grief in different ways.

During the event, some guests expressed their emotions by crying, while others remained more composed, possibly feeling comforted knowing their emotions were seen and validated as they participated in the activity.

What really stood out to me was how some guests seemed to lessen their grief through the activity. They used the rose as a meaningful symbol to remember their loved ones, making the experience deeply touching and moving for everyone involved.



Shelen Teo: Finding Solace Together Through Art and Remembrance

The pain of losing a loved one is truly heart-wrenching and it can occur anytime.

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Being with others who are also grieving at the Rose for Remembrance event helps remind us that we are not alone.

We can take the time we need to grieve and heal at our own pace.

When participants created pieces of artwork to express their feelings and memories of their loved ones who have passed on.



Tan Choon Hooi: Honouring Grief with Reflection and Gratitude

This event highlights the importance of recognising that the grieving process is deeply personal, with each family mourning at their own pace. It is commendable that DPH continues to offer support to the families via this platform, through the symbolic gesture and reflections that helped loved one's process and cope with lingering emotions. It is also timely and meaningful to express gratitude to those who offered care and support throughout the grieving journey.

The recitation of the names of patients who have passed away evokes a strong sense of solemnity and dignity. Set against the backdrop of the scented jar and display of coloured lights,



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it was a poignant moment and befitting way to conclude the special occasion.

Eng Yew Hoon: A Delicate Balance: Supporting Grief with Care and Respect

As a volunteer at this event, I have mixed feelings. On one hand, I need to observe the participants' reactions and attend to their needs as necessary. On the other hand, I have to respect their privacy and not make them feel like they are being watched.

What struck me was the smile of one participant after she covered the jar; it was a smile with mixed feelings. Her tearing face switched to a smile and she nodded at me, signalling to me

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a sense of gratitude, closure, relief, and calmness

At *Rose for Remembrance*, I discovered a powerful coping mechanism for grief. It was heartwarming to see participants release stones in a jar, each representing a moment of reflection. Despite the tears and the emotional weight, there was a palpable sense of relief after each step, each note, and each tear being wiped away.

and I told myself, "Yes, this is a wonderful approach. We made it!"

Sabrina Tan: Reminiscing and Honouring Loved Ones Through Shared Memories

During the session, they were reminiscing about the good old days with their loved ones, remembering their contributions and things they have done.

I was very impressed with the Medical Director of Dover Park Hospice, Dr Mervyn Koh's reminiscing about his grandmother, which I think is a good way to get the attendees to reminisce about their departed ones.



Grief is a sad thing but it is a process one goes through. Inevitably, one has to leave this world.





Kopi and *Kindness* How Her Father's Passing Motivated Lay Suan to Volunteer

Every Friday morning, Ms Ng Lay Suan can be found in our Day Care, helping to take kopi orders from patients joining our Lim Kopi sessions. In a Father's Day interview with us, Ms Ng revealed that Father's Day is a bittersweet time for her as it brings up fond memories spent with him.

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Volunteering at Dover Park Hospice brings me closer to the good memories of my father during his stay here.

Ms Ng Lay Suan's father, the late Mr Ng Ah Cheng, was admitted to Dover Park Hospice in 2008 due to the terminal nature of his cancer. During his stay, the palliative care provided to her father left a lasting impression on her. She promised herself that she would contribute to Dover Park Hospice as a way to pay forward the kindness she received during one of the most vulnerable moments in her life.

After her father's passing in 2008, it was a challenging time for her as she was in the middle of her own battle with cancer. She also decided to pour her focus into raising her child. Seven years passed, and she still held the promise she made at the back of her mind. In 2015, she joined Dover Park Hospice as a volunteer! This year marks her ninth year with our volunteer programme.



Thank you to Ms Ng Lay Suan for sharing her story with us and we are grateful to the Lim Kopi volunteers who make Friday mornings at Dover Park Hospice so special for our patients.

Click the link
or scan the QR code
to watch the
short interview
on our Facebook



<https://tinyurl.com/DPH-Interview>

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	