

HOSPICE Link

Hospice and palliative care is a holistic approach that cares for patients going through the last stages of their lives. It aims to meet all needs — physical, emotional, psychosocial and spiritual — in order to alleviate suffering and maximise quality of life for patients and their loved ones.

JUN 2010 Vol. 17, N^o. 2

The Newsletter of the Singapore Hospice Council • MICA (P) 226/07/2009

HCA Nurse Amy Lim Wins 2010 Humanity Award for ‘Angelic’ Deeds

By Raneer Govindram, Manager (Community Relations), HCA Hospice Care

“THERE’S an angel in our midst” is a quote often heard whenever HCA patients and their caregivers speak of hospice nurse Lim Sock Hui, better known as Amy Lim to her friends and colleagues at HCA Hospice Care.

One patient told of how she keeps a little toy angel under her pillow “whenever Nurse Amy is not around” while another patient wrote a “thank you” letter shortly before his death, to say how Amy’s presence by his bedside was more comforting than all the painkillers he had to consume during his illness.

“Angel, you made my struggles with cancer and all its dreadful eccentric pain so worth having. Those loads and loads of Morphine and Buscopan are useless without your presence. Your commitment speaks all the comforting words that my mourning heart needs to



Nurse Amy Lim flanked by Dr Seet Ai Mee, President of HCA Hospice Care (right), and Dr R Akhileswaran, CEO and Medical Director of HCA (left).

(continued on page 2)

In This Issue

- 2 HCA Nurse Amy Lim Wins 2010 Humanity Award for ‘Angelic’ Deeds/Assisi Medical Director Recognised/A Farewell Portrait
- 3 Veteran is Bright Vision Hospital’s New Director of Nursing
- 4 Survivors Move on with Confidence/Race Against Cancer
- 5 He Ain’t Heavy, He’s My Father/A Farewell Portrait
- 6-7 Home is Where the Heart is
- 8 Pots of Love from North Vista Primary School Students
- 9 Rose for Remembrance Service Pulls at Heartstrings
- 10 Annual Award Launched for HCA’s Best Clinical Team/Dover Park Hospice Celebrates Parents’ Day
- 11 English Course at Dover Park Hospice
- 12 Calendar of Events

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(continued from page 1)

hear,” wrote the patient just before his death.

For her compassion and dedication to her profession, Amy, an Assistant Satellite Manager at HCA, was presented with the Healthcare 2010 Humanity Award by President S R Nathan at a special ceremony on 24 May.

The award, comprising a medallion and cash prize of \$1,500, is given out annually to healthcare workers who are inspirational role models exemplifying the values of courage, extraordinary dedication, selflessness, steadfastness in ethics, compassion and humanity.

The Healthcare Humanity Award truly reflects the dedication Amy brings to her profession, the empathy she feels for her patients and their caregivers, and for whom going beyond the call of duty has become the norm. 🦋

Assisi Medical Director Recognised

DR Tan Yew Seng, Medical Director, Assisi Hospice, is another recipient of the Healthcare Humanity Award 2010.

Dr Tan’s mission has been to serve his patients and anyone else in need to the best of his ability. Day or night, he has responded to calls for help from the hospice or members of the public whose loved ones are in distress. He has taken it upon himself to not only care for the patients but also

to train his fellow teammates to deliver the appropriate care. Congratulations to Dr Tan! 🦋



Dr Tan Yew Seng (right) receiving the award from President S R Nathan.

A Farewell Portrait

By Madam Low Boon Man (Jillian Ow), caregiver and wife of late Jeffrey Ow Hong Pat, who was nurtured during his last days by HCA Hospice Care Nurse Amy Lim

27 December 2009 was the darkest day in my family’s lives. On this day, my husband Jeffrey Ow Hong Pat passed on peacefully at home in the company of myself and our three children aged 12, 11 and 9.

It was between 11 and 11.30am when Jeffrey became unresponsive and I immediately called HCA nurse Amy Lim. It was a Sunday, her day off, and yet she arrived at my home soon after and spoke to the ambulance staff who were there too. She told me that Jeffrey had indeed passed on. Not only did Nurse Amy comfort my children and me, she stayed on to help me get the doctor to certify Jeffrey’s death.

When Jeffrey was diagnosed with lung cancer in 2000, I had worked out a plan with him. He would aim to live for five years and then the next five. And we

would triumphantly celebrate each year with a family portrait on his birthday.

That year, after Jeffrey had successfully undergone lung surgery and recovered



Last family portrait — the late Mr Jeffrey Ow with his family.

from side effects of chemotherapy and radiotherapy, we celebrated with our first family portrait on 25 September 2000. Our youngest daughter was only five months old then.

In June 2009, Jeffrey fell ill again and became much weaker, so much so that I was not sure whether he would be able to make it to his next birthday in 2010. And so I asked Jeffrey for a family portrait to be taken on 25 September 2009. However, he refused, saying that the feeding tubes in his nose made him look ugly. It saddened me because I believed my children were old enough to comprehend the significance of a family portrait.

My children have always been there for their daddy, helping me to take care

(continued on page 5)



Veteran is Bright Vision Hospital's New Director of Nursing

By Lim Khoon Min, Corporate Services & Communications Executive, Bright Vision Hospital



EARLY this year, Bright Vision Hospital (BVH) appointed Doris Liew as its new Director of Nursing. With a background in nursing that stretches from 1973 to the present day, Doris has more than 35 years of experience to share with the hospital.

When asked about her motivation for joining BVH, Doris said, "I enjoy the challenge of taking the hospital to higher standards of nursing care, especially in the area of best clinical practice."

Doris started her nursing career as an officer with the Singapore Armed Forces (SAF) from 1973 to 1989. During that time, she also served with the Republic of Singapore Air Force (RSAF). Her responsibilities included appointments as staff officer at Dempsey Road HQ Medical Services (HQMS) as well as overseeing the day-

to-day operations at SAF Training Institute (SAFTI) medical centre.

In addition, Doris worked at the National University Hospital (NUH) as a Senior Staff Nurse, at Nanyang Polytechnic (NYP) as a lecturer, and at the Institute of Mental Health (IMH) as a Nurse Educator.

Despite her various work roles, Doris also found time to obtain her Bachelor's and Master's degrees at the Curtin University of Technology in Australia.

After leaving IMH so that she could have time to spend

with her granddaughter, she was initially preparing for retirement, but she became restless, and when an opportunity arose at BVH, she took it up immediately.

Doris is of the opinion that there is very little difference between an acute hospital and a hospital providing step-down care. In fact, all the staff at BVH need to actively contribute in order to give the best care to the patients. Elderly patients are often lonely, depressed and hence need constant care and attention, she pointed out.

One of her goals is to train and encourage caregivers and staff to interact more with the elderly. Already, more activities with patients have been organised,

including communicating and playing games with them, in a bid to stimulate better mental and emotional health.

Doris believes that BVH is unique compared to other community hospitals as it has a palliative ward as part of its services for the elderly and sick. Rising to the challenge of managing both foreign and local nursing staff, Doris has introduced language courses as well as training in soft skills that includes cross-cultural

understanding for greater harmony and cooperation among staff.

A nature lover at heart, Doris enjoys gardening and photography,

which she considers good for overall mental health. Her two interests are combined in a unique way as she enjoys taking photos of insects resting on flowers and cacti.

This Director of Nursing believes in spending time talking to patients in the palliative ward. She says, "Life is short and we should take it in a positive way since today and tomorrow will take care of the future." 🦋

"I enjoy the challenge... especially in the area of best clinical practice."



Doris Liew interacting with her nurses.



Survivors Move on with Confidence

By Ashley Wu, Welfare Executive, Singapore Cancer Society

CANCER survivors gathered to celebrate survivorship at Kallang Community Club on 20 March this year. Themed “Moving Ahead with Courage and Confidence”, the event kicked off with an inspiring sharing by two colorectal cancer survivors. They spoke of how they discovered their condition, coped with the challenges during treatment and what their life was like after cancer.

Laughter Yoga led by Zaibun, a laughter therapist, followed. This

is a branch of yoga which uses self-triggered laughter as an exercise to get the blood flowing.

A LaSalle College of the Arts lecturer and five students trained in art therapy then led a session allowing participants to use creativity to express their emotions, hopes and after-thoughts about their cancer journey.

The day ended on a lively note, with many taking home fond memories of the event. 🦋



Participants using an array of art materials to draw out their emotions at the art therapy session.

Race Against Cancer

By Sharon Lee, Executive, Marketing Communications, Singapore Cancer Society

YOU can help many children of cancer patients by giving them hope for a better tomorrow.

Jagdish is 10 years old and in primary four. He has been unable to walk since he was eight years old.

At age six, Jagdish was diagnosed with muscular dystrophy—at the same time as his mother was diagnosed with advanced stage lung cancer. This came as a double shock for the family, who discovered Jagdish’s condition when he visited a doctor for pneumonia.

While his mother was undergoing treatment, the Singapore Cancer Society (SCS) Cancer Treatment Fund provided her with financial assistance for a year starting from February 2009. SCS stepped in to subsidise the cost of her chemotherapy drug and assist with financial aid for household subsistence.

In March 2010, his mother passed away and was survived by her husband and two children, Jagdish and his 16-year-old sister.

Jagdish is currently wheelchair-bound because the disease weakens the



Jagdish attending a tuition session with his English teacher.

muscles. He stays with his aunt, Madam Beba, who has quit her job to take care of her sister’s children, especially Jagdish. He goes for physiotherapy and swimming therapy, and Madam Beba often practises balloon throwing with him to slow down the muscle degeneration.

Since February 2010, Jagdish has been receiving Mathematics and English tuition under the SCS Help the Children and Youth programme to help him cope with his studies. In December 2009, Jagdish and his family enjoyed

a family engagement event organised by SCS at the Hort Park. Madam Beba will take him for future family engagement events as well as the upcoming Race Against Cancer.

Jagdish was able to attend the family engagement programme and to benefit from the

tuition service because of the help of donors and through the enthusiastic participation of participants in the 2009 Race Against Cancer.

This year, you can play your part again. Help children like Jagdish by donating generously and participating in the 2010 Race Against Cancer. 🦋

SingTel and Singapore Cancer Society 2010 Race Against Cancer

Date : Sunday, 4 July 2010

Time : 8am – 11am

Venue : Pasir Ris Park

Website: www.raceagainstcancer.org.sg



He Ain't Heavy, He's My Father

By Florence Ling, Staff Nurse, Agape Methodist Hospice

RECENTLY I visited Mr Chung Sum, one of Agape Methodist Hospice's patients, at his home. Mr Chung is a 95-year-old man living with his unmarried son in a three-room HDB flat. He is a polite Cantonese man who always thanks us for visiting him.

Due to his advanced heart disease and fractured leg, he is wheelchair-bound. However, he is able to move himself from his bed to the wheelchair and vice versa. Being someone who loves to go to the coffee shop to chat with his friends, his condition is difficult to bear. He is unable to go downstairs as his flat has no lift landing. His son is also a senior citizen and lacks the physical strength to carry him to the lift landing. They are both not keen on volunteers' help.

On a normal day, Mr Chung spends his time at home listening to old Cantonese songs and reminiscing about the past. Sometimes, during our home visits, he talks about his life experiences, which are always a joy to hear. Mr Chung hails from Guangdong and arrived in Singapore in his teens, after his parents' deaths.

He started work as an apprentice to

a tailor, making suits. Life was tough but he pressed on. Then, the Second World War broke out. However, he managed to escape to Malacca and continued to work as a tailor. After the war, he returned to Singapore and got married. His wife passed away from lung cancer 40 years ago, leaving behind four children.

We once visited Mr Chung in the hospital. He was disoriented, aggressive and needed to be restrained. He also could not recognise us. His son explained that this was usually the case whenever he was admitted to hospital, due to the unfamiliar surroundings.

As age caught up with Mr Chung, his son eventually stopped work to care for him. One of his main worries was that he would fall at home. Financial constraints have prevented them from employing a domestic helper. As such, his son usually stays at home to see to his needs. They both lead a very simple life, using their meagre savings for day-to-day expenses.

I am touched by their kinship and also feel privileged to be able to bring some warmth and cheer to their life. I

have also learned to appreciate good health and the little things in life, like being able to walk and work, which I used to take for granted. 🦋

(continued from page 2)

of him at home. They would come to daddy's aid the moment he rang the bell. My elder daughter would push daddy's wheelchair from his bed to the sofa and vice versa; the youngest daughter would push the oxygen concentrator. My son would assist in pouring away the urine for daddy or allowing daddy to lean on him while walking. Most of all, we prayed together for daddy's recovery.

When I shared with Amy my dream of having a new family portrait done, she quietly approached the Rotary Club through the "My Wish Project". By then Jeffrey had agreed to have it done. Amy then arranged for a professional photographer as well as transportation and a nurse to help us bring Jeffrey to Upper Pierce Reservoir, a place personally chosen by him for the family portrait.

That was on 17 December 2009. The photographer managed to give us the photographs, including our last family portrait, on Christmas Eve 2009. The moment I saw the photos, I cried because those were the most beautiful memories of us together that year. Jeffrey clearly liked it too. He just nodded quietly as he flipped through the album. Three days later on 27 December 2009, he died. I told my children that every time they missed their daddy, they could always look at these photos for comfort. That was how precious the photos were.

I would be forever grateful to Nurse Amy for making our dream come true. 🦋



Nurse Florence Ling attending to Mr Chung.

Home is Where the Heart is

By Jean Bristow, former Corporate Development Manager, Dover Park Hospice; Martine Guerin, Volunteer, Assisi Hospice; and Sister Geraldine Tan, Administrator, St Joseph's Home

OUR foreign healthcare workers — some of whom have been in Singapore for over 10 years — have nursed patients, cheered wards and comforted families through the most difficult times. Despite being away from home and family, these “every day angels” work tirelessly and cheerfully.

In a revealing heart-to-heart chat, they reveal how their work in Singapore has enriched both the patients and themselves.

What qualities do you personally bring to your job?

Khin Mya Khaw, Staff Nurse, and Ma San Win Htay, Enrolled Nurse, (both from Myanmar), one to two years at Assisi Hospice: “Filial piety is very much a part of our culture back home, here we see our patients as our family. We believe in serving with humility, and being sensitive to the emotional and psychological states of the patient and their family.

“We also enjoy cooking our home cuisine for our colleagues here, as it fosters an understanding of our culture from back home.”

Dyan Valdez (Philippines), two years at St Joseph's Home as a Nursing Aide: “From a very young age, we Filipinos have been told by our parents to be happy as a family. Sometimes when our patients are sad because their family members do not visit them, I also feel sad. So I give the extra care and time to them. I understand their pain, being away from my family too.”

Jareal Bantilan (Philippines), 10 months at Assisi Hospice as a Physiotherapist: “Maintaining or improving the patient's physical



(From left to right) Khin Mya Khaw, Ma San Win Htay and Jareal Bantilan from Assisi Hospice.

condition is a huge task as it demands regular exercise without aggravating their symptoms. I find that persuading and motivating patients to get out of their beds is even more challenging.

“Through the exercises specifically designed for each patient based on their conditions and to be able to see that further specific activities are helping to improve the patient's condition — that is very satisfying for me.”

Do you notice any workplace differences between the countries?

Daw Saw Myat Htay (Myanmar), 14 years at Dover Park Hospice (DPH) as a Senior Nursing Aide: “Firstly, teamwork is more evident in Singapore and processes are more systematic. In Myanmar, only the senior management makes decisions, but here at DPH, all staff members are made to feel involved and invited to give their input at regular meetings so that continual improvements can be made for the benefit of patient care.

“Secondly, in the Myanmar

culture, when someone is sick, the family members and everyone in the local province will pull together to look after this person. Seeking institutional help for those who are dying will only happen if this is really needed at the last minute. This is because nursing/care institutions are seen as an option only for the destitute.”

June G. Deguzman (Philippines), two years at DPH as an Admin Support Officer responsible for patient admissions: “Singapore has a culture of very tight control. For example, some drugs that can be bought over the counter in the Philippines require a prescription in Singapore. Also, in Singapore, there are many levels of nursing positions, with tight control over each level of nursing staff who are allowed to carry out only certain duties. In the Philippines, there are usually two levels—the Head Nurse with many nurses under him/her—and they can carry out numerous duties.”

What are some cultural beliefs or values from your home country that can be adopted here?

Daw Saw Myat Htay: “In Myanmar, respect and honour for family members, especially parents and the elderly, is of utmost importance.

“It shocks and saddens me to see family members in Singapore fighting and trying to push responsibility to one another sometimes. Fortunately this does not happen so frequently.”

In what ways did you have to adapt or change the way you work to suit the Singaporean culture?

Lay Lay Soe (Myanmar), six years at St Joseph’s Home as Nursing Aide:

“Respecting the sick and being gentle are strong traits in the Myanmar culture. I have learned to be very patient with the sick and try my best not to raise my voice in anger. I may look Chinese but I cannot speak Chinese, so the patients sometimes get frustrated when I cannot understand what they need.”

June G. Deguzman: “Singapore has a highly pressurised work environment. One is expected to multi-task and people seem to have higher stress levels. In the Philippines, people are allowed more time to adapt and learn in any new working environment. The pressure and stress level is lower, so

people enjoy their work environment better.”

Do you recall any stories that have happened in the course of your work due to cultural differences?

Daw Saw Myat Htay: “In Myanmar, families are very big with many children. This does not leave much time for showering pets with a lot of attention. I found it strange that Singaporeans spend so much time, energy and affection on their pets. Once, we had a patient who doted on his bird and missed it desperately. A neighbour was looking after it for him and DPH had to arrange for the neighbour to bring it in for a visit. When the patient saw the bird, he told me that seeing it was like seeing an angel—it was amusing and a novelty to me!”



Lay Lay Soe (left) and Dyan from St Joseph’s Home.



(Left to right) Sarojini Ponnampalam, Daw Saw Myat Htay and June G. Deguzman from Dover Park Hospice. Together they have worked at DPH for more than 31 years.

...And a Local Perspective

What are the main differences between Singaporeans and foreign healthcare workers?

Sarojini Ponnampalam


(Singapore), more than 50 years as a nurse and nearly 15 years at DPH as a Staff Nurse:

“Our foreign workers, mostly from Myanmar and the Philippines, are generally very respectful. They have a great sense of togetherness and chat often amongst themselves in their own dialects.

However, this can sometimes have an adverse effect if patients misunderstand this as talking about the patients in a foreign language!

“Foreign workers tend not to differentiate as much as Singaporeans with regard to seniority levels—everyone works together. Singaporeans tend to place more emphasis on differentiating between the levels of seniority, although this is not the case at DPH, where everyone works together in a homely atmosphere.

Are there any memorable events that have happened due to cultural differences?

“The Myanmar culture of rallying around when someone is sick was demonstrated about two years ago when DPH admitted a young Myanmar lady who was studying in Singapore. She was only 21 years old and was fiercely determined to carry on with her studies despite being diagnosed with cancer. She would not give up even after admission to DPH; all her Myanmar friends and co-students came together to collect money and help her out. Even our own Myanmar staff at DPH contributed. When the time came, they put together enough money for her to return to Myanmar in order to pass away at home.” 

Pots of Love from North Vista Primary School Students

By Raneer Govindram, Manager (Community Relations), HCA Hospice Care

CAREGIVERS who attended HCA's Sunflower Remembrance Day on 24 April were pleasantly surprised with "pots of love" from students of North Vista Primary School.

In a show of support for the caregivers, 10 students from the school joined in the memorial ceremony and presented each caregiver with a specially decorated flower pot containing sunflower seedlings as a symbol of hope and love.

The students were representing their peers from two primary four classes who had spent weeks painstakingly painting the pots and nurturing the budding seedlings in time for the memorial service which was attended by over 50 families.

The Sunflower Remembrance Day, organised by HCA Hospice Care, is a bereavement support programme to help families, especially caregivers, come to terms with the loss of their loved ones in order to move forward in life. The event is organised three times a year for families of HCA patients.

"It was an honour for our pupils to participate in this meaningful event," said teacher Mr Mohamed Zaki Hashim, who was one of three teachers who accompanied the students to the event.

During the event, the teachers also found out that one of their students in primary one (P1) had lost his father recently and was at the memorial service with his mother.

"I thank HCA for giving us this opportunity to learn more about hospice care and how we can do our part in support of the patients and their caregivers," said teacher Mr Michael Au Kah Wai, who had brought along his son, also in primary one.

"For me, the Sunflower Remembrance Day will remain special because, together with my younger son who is actually in primary one, we learned that one of our P1 students had recently lost his father. Back home, my son and I spent some time talking about our experiences and what we could do for the child. We have learned to treasure our loved ones even more," he added.

Mr Au, who is Head of Department (HOD) at North Vista Primary, said the sunflower planting project was part of the school's service learning programme to instill in the pupils a sense of care and concern for the community and to give them a chance to demonstrate the school's core values of love, respect, integrity and responsibility.

"I am certain that little seeds of love, respect, integrity and responsibility will be deeply planted in each and every one of us in North Vista Primary," said the HOD. 🦋



Student presenting a flowerpot with sunflower seedlings to a caregiver.

Students' Reflections:

"I feel sad for them. We should treasure our family members when they are around us. We should talk to them and play with them."

Truston Koo (Primary 4/I A)

"I felt very sad that his dad had died. We should love a person when he or she is alive. Some of us are lucky that all of our family members are still alive."

Nur Farahnisha (Primary 4/2)

"I felt bad for the boy who has lost his dad because he was so young. I think that the primary one boy also felt sad about it. I also felt touched by the lady who had taken good care of her mum."

Loy Xi Yi (Primary 4/I A)



Rose for Remembrance Service Pulls at Heartstrings

By Serene Tan, Training Officer, Dover Park Hospice

LOSING a loved one through death can be a traumatic experience for some families. Many factors contribute to how an individual or families cope with their loss. It has been said that how a loved one dies stays in the memory of the families. Dover Park Hospice (DPH) continually strives to support patients and their families during this terminal stage. The clinical team ensures that the patient's symptoms are well controlled and that the patient will not die in pain or in distress. Families are constantly updated on the patient's disease progression and emotional support is provided as appropriate.

Grief and bereavement support for the patient's family is also part of the palliative care service rendered to all patients at DPH. Upon the demise of a patient, condolence cards are sent to families. Twice a year, DPH organises the Rose for Remembrance memorial service to remember with families their loved ones who were under our care.

On 17 April 2010, the Rose for Remembrance service saw a huge turnout

of 100 family members. Each member was given a heart-shaped sticker to write love notes to their loved ones. Together with the butterfly-shaped stickers containing messages written by DPH staff, these love messages were pasted on balloons, which were later released into the sky.

Although it was a simple ritual, seeing families coming together in memory of their loved ones was a heartwarming sight. Songs and poem dedications were presented. Permission was obtained from Cindy, daughter of the late Mr Tan Geok Eng, to include the poem, *Golden Heart*, in this publication. Our guest violinists, Mrs Chan and Wilford Goh, played a song requested by a family to dedicate to their demised father. All present were invited to a tea reception, during which DPH staff continued to interact with and provide support for the families.

The event ended with the presentation of roses to family members in memory of their loved ones. 🦋

Golden Heart

God saw you getting tired
and a cure was not meant to be,

So he put his arms around you
and whispered, "Come to Me."

With tearful eyes we watched you,
as we saw you pass away.

Although we loved you deeply,
we could not make you stay.

Your Golden Heart stopped beating,
hardworking hands at rest.
God broke our hearts to prove to us,
He only takes the best.

He said you were not to suffer
any longer
He took you home and made you
an angel.
I will always love you, Dad!

Adapted from "God Wanted His Angel Back" from Jennifer Haughie's blog



In collective yet private contemplation.



The releasing of balloons with messages of love.

Annual Award Launched for HCA's Best Clinical Team

By Raneer Govindram, Manager (Community Relations), HCA Hospice Care

HCA Hospice Care has introduced a special award for its best clinical team in recognition of the good work done by all its team members.

The inaugural "HCA Best Clinical Team" award was given out by Dr Vivian Balakrishnan, Minister for Community Development, Youth and Sports, at HCA's annual staff party held on 5 March 2010. The award consists of a plaque, which will be rotated among the best clinical teams annually, and a monetary sum to be distributed among the winning team members.

This inaugural award was given in memory of Dr JMJ Supramaniam, a pioneer physician who was at the forefront of helping rid Singapore of tuberculosis (TB) in the early 1960s. Dr Supramaniam was Deputy Director for Medical Services twice before he retired in 1981 due to ill health.

The award was initiated by the late Dr JMJ Supramaniam's son, Mr Paul Supramaniam. He contributed the monetary sum of the award for two years, in appreciation of the care and support provided by HCA's clinical team during his late father's illness in December 2008.

The first clinical team to receive the award was the Central Team, based in HCA's HQ in Jalan Tan Tock Seng. The four other clinical teams are based at HCA's satellite centres in Bedok, Hougang, Jurong and Woodlands.

According to Dr R Akhileswaran, CEO and Medical Director of HCA, the award will be given out annually to spur the clinical teams towards clinical excellence while caring for patients in the community. 🦋



HCA's Central Team with Dr R Akhileswaran (left), Dr Vivian Balakrishnan (2nd from left) and Mr Paul Supramaniam (in blue vest).

Dover Park Hospice Celebrates

By Allard Mueller, Volunteer Programme Manager, Dover Park Hospice

ON 9 May 2010, Jade Group volunteers from DPH organised a celebration for all mothers and fathers staying at the hospice to mark Mothers' Day and the upcoming Fathers' Day.

The room was decorated cheerfully with balloons, and many volunteers brought cheer and scrumptious food to the event.

Volunteers were on hand to sing well-known songs and make sure each individual patient received the loving care he/she deserves. What is a party without food and the cake?



A cake was ceremoniously cut and all present enjoyed the buffet spread generously prepared by the Jade Group Volunteers. Two hours passed quickly and the patients returned happily back to their wards. 🦋



English Course at Dover Park Hospice

By Staff Nurse Naw Hsu Mon Khaing, Dover Park Hospice

PROFICIENCY in the English language is usually required in many institutions, agencies and organisations. As a non-native English speaker facing some difficulties in communication, improving my English language skills is necessary.

As such, Dover Park Hospice (DPH) organised an English Language Course for Myanmar nurses from November 2009 to April 2010. The aim was to improve proficiency in our spoken and written language skills. Five of us were selected for this course.

Conducted twice weekly in two-hour sessions, the course included three modules, with a test set at the end of each module. The course covered listening comprehension, structure and written expression, reading



Staff Nurse Hsu Mon (right) presenting a token of appreciation to Miss Betty Lim.

comprehension and spoken English.

Right from the start, our teacher Miss Betty Lim told us to be keen, interested and serious in our study (KISS), and not to speak in dialect amongst ourselves.

Using Andrew Lloyd Webber's songs, she entertained and taught us tenses, grammar, verbal phrases and words, words, words. I discovered that songs are a way of learning language. She also provided us with

motivating stories. All practice and assignments, such as writing an essay,

Using Andrew Lloyd Webber's songs, she entertained and taught us tenses, grammar, verbal phrases and words, words, words.

watching an English movie, reading newspapers or magazine articles, were useful.

I would like to express my gratitude to the DPH management and the Nursing Department who have made this course possible. My deepest appreciation goes to Miss Betty Lim, a devoted teacher, for her tireless effort, understanding and patience. We would not have managed without her help.

Finally, I would like to say that I've never had a dull moment since I had a "singing" teacher. 🦋

Parents' Day



Jade Group volunteers (from left): Ms Quek Mui Huang, Mr Sia and Mrs & Mr Lee.



Calendar of Events

(Jul – Oct 2010)

Events	Dates	Time	Venue
“Celebrate Wellness” @ North West by Singapore Cancer Society No registration required. Call 6421-5804 or email education@singaporecancersociety.org.sg for enquiries.	11 Jul	8.30am – 4pm	Open field beside Woodlands MRT station and Causeway Point
Prostate Awareness Month: Public Forum — Prostate Cancer: 3rd most common cancer in Singaporean men! by Singapore Cancer Society Registration: \$5.00. Enquiries: Call 3125-2029 from 17 June onwards or visit www.sua.sg	17 Jul	1pm – 5pm (English and Mandarin sessions)	Toa Payoh HDB Hub, Auditorium
Basic Palliative Care Volunteer Training in English by Dover Park Hospice	PART 1: 10 Jul and 13 Nov PART 2: 17 Jul and 20 Nov	9am – 4pm	Dover Park Hospice
Volunteer Orientation & Training by Assisi Hospice	24 Jul	9am – 3pm	Education Centre, Assisi Hospice
Advanced Palliative Care Training: Basic Nursing Care in English by Dover Park Hospice	24 Jul 27 Nov	9am – 1pm	Dover Park Hospice
Certificate in Basic Palliative Care Nursing by Dover Park Hospice	Jul 16, 23, 24, 26, 27, 28, Aug 6, 7, 13, 19, 20, 26, 27 Sept 3	8.30am – 4pm	Dover Park Hospice
Introductory Course to Palliative Care Nursing by Dover Park Hospice	Jul 6, 13, 20, 27	9am – 4pm	Dover Park Hospice
Singapore Cancer Society's Flag Day Registration: To volunteer, call 6421-5839 or email valerie_ko@singaporecancersociety.org.sg	7 Aug	9am – 6pm	Islandwide
Volunteer Orientation & Training by Assisi Hospice	21 Aug	9am – 3pm	Education Centre, Assisi Hospice
Gastric Cancer Awareness Month: Free Public Forum — Beyond Gastric Pain by Singapore Cancer Society Registration/Enquiries: Call 6421-5804 or email education@singaporecancersociety.org.sg	28 Aug	1pm – 3pm (English) 1pm – 5.50pm (Mandarin)	Kallang Community Club 45 Boon Keng Road
Volunteer Orientation & Training by Assisi Hospice	18 Sep	9am – 3pm	Education Centre, Assisi Hospice
Volunteer Orientation Course in English (New Volunteers) by Dover Park Hospice	9 Oct	9am – 1pm	Dover Park Hospice



Assisi Hospice

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Dover Park Hospice

10 Jalan Tan Tock Seng, Singapore 308436.
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HCA Hospice Care

12 Jalan Tan Tock Seng, Singapore 308437.
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Agape Methodist Hospice

70 Barker Road, #05-03 Singapore 309936.
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Singapore Cancer Society

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