

## Volunteers Appreciation Party 2009

Over 100 volunteers turned up for HCA's Volunteers' Appreciation Day held on 21 November 2009. It was a day for volunteers to have some fun together and also for HCA to thank them and give awards in recognition of their valuable contribution to HCA and our patients. Altogether 8 individual volunteers and 2 groups, who have served HCA for more than 5 years, received long service awards. The individual recipients are: Ms. Lim Hsiu Mei (7 years), Ms Catherine Foo (8 years), Mr Tong Meng Khong (8 years), Ms Avy Lau Peng Ping (8 years), Ms Rosalind Goh Yim Chin (6 years), Ms Lily Goh (5 years), Mrs Goh Yew Hshin (5 years) and Ms Shinee Tham (5 years). The 2 group recipients are: HCA Pet Therapy Group

and The Kolam Ayer CC Group.

Volunteers also contributed to the programme as emcees and performers. All were treated to a high tea buffet sponsored by one of our volunteers, Mr Tome Oh.

A big thank you to all our dedicated volunteers and look forward to your continued support.



Miss Shinee Tham receiving her Long Service Award from HCA President Dr Seet Ai Mee



Fan Dance by the Khi Shan group volunteers

Volunteer Rosalind Kwan receiving lucky draw prize from Dr R Akhileswaran, CEO & Medical Director of HCA

Letter in Sunday Times dated 31 January 2010, sent by *HCA Volunteer Goh Wei Xue*

Excerpts from Mr Goh's letter:

*"In palliative care, it is important to have empathetic long-term volunteers. I find that by volunteering, we start to see Singapore in a kinder light."*

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*"Hopefully, through short-term school volunteer stints, students will discover a deeper meaning in such work, and continue to do it long term out of genuine goodwill."*

### Treat narcissism with dose of volunteerism

I refer to Dr Lee Wei Ling's article, "Time to reverse 'narcissism epidemic'" (Jan 17), as well as recent articles about youth conduct and long-term volunteerism.

I agree with Dr Lee's comment about the narcissism epidemic among the young today. Nevertheless, there are also young people who actively volunteer their time and energy for charitable causes.

As a volunteer at the Hospice Care Association, I have been blessed to meet such inspirational people, who have shown they are capa-

ble of genuineness, respect for others, empathy and warmth.

In palliative care, it is important to have empathetic long-term volunteers. I find that by volunteering, we start to see Singapore in a kinder light.

Hopefully, through short-term school volunteer stints, students will discover a deeper meaning in such work, and continue to do it long term out of genuine goodwill.

This could be the "antibiotic" to reversing this narcissism epidemic.

Goh Wei Xue

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# -CONNECT- for our volunteers

Issue 1

January - February 2010

## HCA TO SPREAD CHEER & COMFORT DURING FESTIVE SEASONS

*Join us in bringing cheer and comfort to our patients and their families.*

Home visit is a time-honored tradition of Chinese New Year by which the Chinese express love and appreciation to their family and friends. This year, HCA Hospice Care calls on all well wishers to join us in our wish to spread a little festive cheer to our patients. The visits will be held on the weekend of February 20 and 21 from 3pm to 6pm both days.

HCA Council members, staff and volunteers will visit the homes of the patients they have been matched with. Volunteers can form a team of 2 to 5 with their friends or family members. Individual volunteers will be paired with another 2 or 3 HCA volunteers.

Volunteers may sign up for either 20 or 21st Feb or both days. Each visit will be for no more than 20 minutes. Visitors are to extend the usual CNY greetings to the patients and family, present the gifts (prepared by HCA) and chat with the patients/family members.

Volunteer now!! Call Max Ong at 68919539 or email your name and contact number to maxO@hcahospicecare.org.sg.



### Points to note:

- Register Now!!
- Preferred date of Visit:
  - Sat 20 Feb 3pm-6pm
  - Sun 21 Feb 3pm-6pm
  - Both days
- Indicate area you wish to visit

### Calendar of Events - Feb to April 2010

Name of Event	Venue	Date & Time
Festive Cheer Visits to Home Patients	Patients Homes	20.02.10 (3 pm to 6 pm) 21.02.10 (3 pm to 6 pm)
Sunflower Remembrance day	HCA Auditorium	24.04.10, 3 pm to 5 pm

### HCA Caregiver's Training Calendar - Feb 2010

Venue	Class	Dates & Time	
HCA-Loving Heart (Jurong) Centre	Class 6	06-02-2010 (Saturday)	12.30pm - 5.30pm
HCA-Ci Yuan (Hougang) Centre	Class 7	04-02-2010 and 05-02-2010 (Thursday and Friday)	7.00pm - 9.30pm
HCA (Bedok) Centre	Class 8	06-02-2010 (Saturday)	12.30pm - 5.30pm
HCA (Woodlands) Centre	Class 9	20-02-2010 (Saturday)	12.30pm - 5.30pm
HCA Hospice Care (Central)	Class 10	27-02-2010 (Saturday)	12.30pm - 5.30pm