

DIALOGUES

19 – 21 SEPTEMBER | NEE SOON SOUTH

26 – 28 SEPTEMBER | TOA PAYOH CENTRAL

SCHEDULE OF SPEAKERS

NEE SOON SOUTH

19 SEPTEMBER

2 PM

Dr. Raymond Ng, Alan Ng (黄卓伦) & Melvin Ong

Tan Tock Seng Hospital (陈笃生医院) | English & Mandarin (英语与华语)

In the seasons of life, dying and death are inevitable encounters. In journeying with the terminally ill, there may be opportunities for deep reflection, life lessons and even celebration. A doctor, a volunteer and a family caregiver share their personal experiences in their journeys as well as reflections on living well and leaving well.

人生旅程中，临终与死亡是无法避免的际遇。陪同临终病患度过人生最后一段旅程时，可能有深思、总结，甚至欢庆人生的机会。一位医生、一位志工、一位家庭看护者将分享他们人生旅程中的个人经验，同时反思如何好好地生活，以及如何好好地离世。

5 PM

Patrick Tan (陈子佳)

Law Society of Singapore (新加坡律师公会) | Mandarin (华语)

我们由于生活在一个充满未知数的世界中，在今时今日规划我们的未来是重要且必要的。我们很多人总是等到为时已晚，不是因为我们不想做任何事情，而是因为我们不知道有什么选择，或可以做什么。

我们将在这场“对话”中与您分享什么是遗嘱、订立遗嘱的利与弊，以及通过真实个案，探讨在没有订立遗嘱的情况下会面临的问题；还有，什么是持久授权书（lasting power of attorney）。

20 SEPTEMBER

11 AM

Stephanie Hong

Law Society of Singapore | English

Serious illnesses and accidents can lead to mental incapacity or coma, and old age may result in dementia. Any of these scenarios may affect our ability or those of our loved ones in making decisions and handling our finances.

When we leave this world, do we want to make it simpler for our loved ones to handle our affairs, and avoid disputes amongst family members?

Learn the basics of a LPA and a Will, how they work and more importantly, how they apply to us.

5 PM

Sim Lai Kiow

Khoo Teck Puat Hospital | English

A palliative care nurse distils lessons from the death of her mother, as well as other patients and caregivers to advocate and facilitate advance care plans, and to help patients come to terms with dying.

21 SEPTEMBER

11 AM

Linda Chua | English

A former caregiver talks about providing care for her late mum who had dementia as well as liver cancer. Her journey was one of coming to acceptance and learning how to provide care positively and with lots of laughter and joy, and then coping with the loss of a loved one. These caregiving lessons will be distilled and shared with the public in the hope of helping and encouraging others.

2 PM

Chan Tuck Wai (陈德威) | Mandarin (华语)

什么是“好死”？我们怎样才能让自己“好死”？我们在他人临终前，又可以如何协助他们“好死”？

我们知道死亡是必然的，但死亡时间却是无法把握的。我们可以为死亡做足多少准备？这场对话会将分享慈怀护理（palliative care）的有趣经验，并探讨有关尊重、尊严、自主的课题。

5 PM

Ang Ziqian (洪子謙)

Ang Chin Moh Foundation (洪振茂基金) | Mandarin & English (华语与英语)

A funeral director talks about his years growing up in a family business surrounded by taboos and misconceptions.

He shares lessons on life gained from his years helping families prepare for their loved ones' final rite of passage.

一位殡仪馆董事经理将畅谈他在一个充满禁忌与误解的家族生意中成长的经历。

他也将分享他多年来协助往生者家属筹备他们亲人人生最后一场仪式所获取的人生教训。

TOA PAYOH CENTRAL

26 SEPTEMBER

11 AM

Lester Lee & Dr Wu Huei Yaw (余辉耀医生)

Dover Park Hospice (托福园) | English & Mandarin (英语与华语)

When people are living with a life-threatening illness, the focus of care can be shifted from curative to comfort so that patients have an opportunity to live with dignity, and live as fully as possible in the last stage of life. This dialogue session aims to give an introduction to palliative care provided by Dover Park Hospice and will allow participants to have a better understanding and appreciation of this vital type of care.

当人们面临一种危及生命的疾病时，护理的焦点可以从治疗转移至慈怀，以让病患在人生最后阶段有机会得到最高的生活品质，活得有尊严。

这场“对话”旨在介绍托福园所提供的慈怀护理，并将让参与者对这类重要的护理有更好的理解与欣赏。

2 PM

Dr. Raymond Ng, Alan Ng (黄卓伦) & Melvin Ong

Tan Tock Seng Hospital (陈笃生医院) | English & Mandarin (英语与华语)

In the seasons of life, dying and death are inevitable encounters. In journeying with the terminally ill, there may be opportunities for deep reflection, life lessons and even celebration. A doctor, a volunteer and a family caregiver share their personal experiences in their journeys as well as reflections on living well and leaving well.

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5 PM

Herbert Teo

Ang Chin Moh Foundation | English

This dialogue session will touch on how the landscape of communicating about dying, death and funerals amongst Singaporeans is taking a positive turn, and the importance of this in helping everyone broach this sensitive but significant topic that impacts all.

27 SEPTEMBER

11 AM

Judy Tan | English

A personal sharing from a former caregiver on her experience caring for her late father, initially diagnosed with dementia, who later also received a late stage cancer diagnosis with a few months to live. Hear her challenging journey of caring and road to acceptance, ultimately

finding the courage to say her final goodbye to someone very close to her, gifting her father with a peaceful death.

2 PM

Sim Lai Kiow (沈来娇)

Khoo Teck Puat Hospital (邱德拔医院) | Mandarin (华语)

一位慈怀护理护士将分享她从自己母亲的死亡，以及其他病人与看护者身上所获取的人生教训，以支持并促进预定护理计划（advance care plans），帮助病人面对与接受死亡。

5 PM

Chan Tuck Wai |English

What is a good death? How can we achieve “a good death” for ourselves?
How can we help others when they are dying?

We know that death is certain but the time of death is uncertain. How well can we prepare for the dying process? This dialogue session will involve sharing and discussing interesting experiences in palliative care and areas concerning respect, dignity and autonomy.

28 SEPTEMBER

11 AM

Lynette Ng

Khoo Teck Puat Hospital | English

Children are often excluded from discussions about end-of-life when they have family members who are terminally ill, as older family members typically believe that children do not understand death and/or cannot cope with it. Are these perceptions accurate? This dialogue session invites discussion on this topic by reflecting on patients and families that the speaker has journeyed with in her career.

2 PM

Patrick Tan (陈子佳)

Law Society of Singapore (新加坡律师公会) | Mandarin (华语)

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5 PM

Sister Geraldine Tan |English

A pioneer of the hospice movement in Singapore gives her take on the question : “what is a good death?”

演讲者简介

Dr. Raymond Ng

Dr Raymond Ng is a palliative care physician in Tan Tock Seng Hospital. He is also an advocate for advance care planning and believes that every person has a rich narrative in his/her personal life story that can leave valuable lessons.

Melvin Ong

Melvin has been a palliative care volunteer at Tan Tock Seng Hospital and Dover Park Hospice for the past two years. He has learned to see birth, old age, sickness, and accept impermanence as part and parcel of human life.

Alan Ng (黄卓伦)

Ng, 66 岁，在报馆任职愈 35 年，也是食评家。近 10 年策划兼主持美食活动，并带团出国旅游和游轮海上行，吃吃喝喝，玩玩乐乐。

Patrick Tan (陈子佳)

陈子佳律师是公司的首席执行官，专业领域涉及商业诉讼和仲裁、财富管理和私人客户业务。

Stephanie Hong

Stephanie is one of the founding Directors of Lexton Law Corporation. Her practice areas include transactions in the conveyance of real estate, matrimonial & family matters, and probate practice including advice and drafting of Wills, Power of Attorneys and Lasting Power of Attorneys.

Sim Lai Kiow (沈来娇)

Lai Kiow is a palliative care nurse clinician at Khoo Teck Puat Hospital (KTPH) with more than 10 years of clinical experience, and is part of the team that pioneered the Advance Care Planning programme in KTPH. She received the President's Award for Nurses in 2014.

来娇是邱德拔医院的慈怀护理护士。她有超过十年的慈怀护理经验。她在2014年获得总统护士奖。

Linda Chua

Linda has been a practising hypnotherapist for the past 10 years in Singapore, and has worked with various clients from all walks of life. She is also a member of the Alzheimer's Disease Association Management Committee and often participates in talks and forums on caregiving.

Chan Tuck Wai (陈德威)

Tuck Wai is a Pharmacist by profession and currently completing his PhD in the Centre of Biomedical Ethics, NUS. He has spoken widely on aging gracefully, elderly care, palliative care, biomedical and research ethics to students, healthcare professionals, academics and the public.

德威是一名药剂师。他目前正在完成新加坡国立大学医学伦理的博士学位。他致力推广和促进关于银发族护理，乐龄保健，临终关怀以及各种善终的知识。

Ang Ziqian (洪子謙)

Ziqian is Executive Director of Ang Chin Moh Funeral Directors (ACMFD), one of the biggest and oldest family-owned funeral director companies in Singapore with over a 100-year history.

子謙从事于洪振茂生命礼仪担任执行董事要职，洪振茂为新加坡最老字号也是最大间的殡仪服务公司，其家族事业在新加坡已传承超过一百年。

Lester Lee

Lester runs his own digital marketing company and is very active in Dover Park Hospice (DPH), having originally started the Ambassdor Group, and currently also serving as a DPH Governing Council member and Co-Chair of the Community Outreach Committee.

Dr Wu Huei Yaw (余辉耀医生)

Dr Wu Huei Yaw is a trained palliative care physician and Medical Director of Dover Park Hospice.

余辉耀医生是托福园的医药总监，也是一名合格的安宁护理专科医生。

Herbert Teo

Herbert serves as a Director on the Board of the Ang Chin Moh Foundation, bringing with him over 40 years of experience in mass communications. He has worked on several major projects – locally and internationally - for the Ang Chin Moh Foundation and Ang Chin Moh Funeral Directors.

Judy Tan

Judy is a former caregiver who single-handedly looked after her late father for a period of 5 years. She currently works in a multi-national corporation and still participates actively in activities organised by the Alzheimer's Disease Association.

Lynette Ng

Lynette is a Medical Social Worker and works with Khoo Teck Puat Hospital's Palliative Care Team and Medical Intensive Care Unit. She was awarded the Promising Social Worker Award by the Singapore Association of Social Workers in October 2013.

Sister Geraldine Tan

Sr. Geraldine is a member of the Canossian Daughter of Charity and one of the pioneers of the hospice movement in Singapore. A trained nurse by profession, she is currently serving as an Administrator and Nursing Director of St. Joseph's Home (Catholic Welfare Services).