

# Friend Friend

VOLUNTEER NEWSLETTER  
FEBRUARY 2023

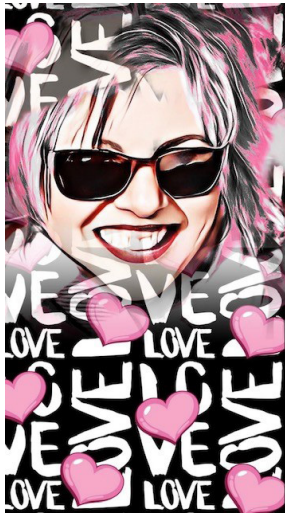
Goldie Griffith & Nancy Casey – Hope Guild



## A Note from Jenny

“There is nothing stronger than the heart of a volunteer. With it beats the spirit of service, generosity and compassion...and the health and well-being of our community, our country and our world.”

Such a beautiful quotation from “The Heart of a Volunteer,” a book, in which I enjoy reading very much, as in each of the short passages, I see all of you who take time to reach out and help those in need. You are so special – as I always say, “special people doing special things” – yes, that would be my wonderful SOMC Volunteers! I must say, I am always so proud when I receive thank you emails and calls from our staff, visitors and patients informing me of your sincere kindness, helpfulness or simply caring enough to take the time to listen to their stories. I truly do thank you for all that you do – you all are absolutely amazing individuals!



assure that patients and their families are receiving the best care from freshly trained volunteers we send out our annual training information in February of each year, which includes the latest updates, information and training that is required of all SOMC volunteers. So please be sure to complete all required documentation and return once completed to ensure that Volunteer Services is in compliance with Joint Commission.

In closing, with Valentine’s Day just around the corner – I wanted to leave you with the following words that so remind me of my volunteers. It is entitled “Love Grows Beautifully in a Caring Heart...” “You’re always looking out for other people. When someone needs something you’re right there with an encouraging thought, a helping hand. I know you do all of that out of love, and not for any compliment or reward. But a day like Valentine’s Day seems just right, to give you the thanks that you deserve.”

Happy Valentine’s Day. mv

Jenny Lavender, Mgr.  
Volunteer Services

So, what keeps our volunteers so remarkably amazing, other than their genuine compassion and love of volunteering? Their knowledge! With this in mind our annual in-service packets will be mailed February 15th for your review and completion. In order for the Volunteer Department to

## February Birthdays

2/2	Avery Gosselin
2/2	Deb McGinnis
2/5	Lexy Carter
2/5	Jean Ann Lemon
2/7	Megan Austin
2/9	Bob Hurley
2/12	Goldie Griffith
2/13	Kelli Roseberry
2/13	David Ferrell
2/13	Laura Luthy
2/14	Paul Wagner
2/14	Shirley Horn
2/14	Thomas Bennington
2/14	Karen Wood
2/15	Ethan Jones
2/15	Mary Martha Questel
2/20	Nathaniel Shepherd
2/21	Howard Richard
2/21	Dylan Scherer
2/21	Carolyn Crabtree
2/22	Carla Scifres
2/22	Roger Moore
2/25	April Eick
2/25	Patty Spriggs
2/27	Lisa Morgan

## New Volunteers

Alexis Maynard  
Maura James  
Bayleigh Wagner  
Abbie Powell

# GuildNews

Any Guild news for the next months newsletter needs turned into the Volunteer Office before the 15th of the month. Call 740-356-8234.

The **Pleasure Guild's** next meeting is scheduled for February 2nd at 1:00 p.m. at Haute Stuff Catering, which is located at 1406 Kinney's Lane in Portsmouth.

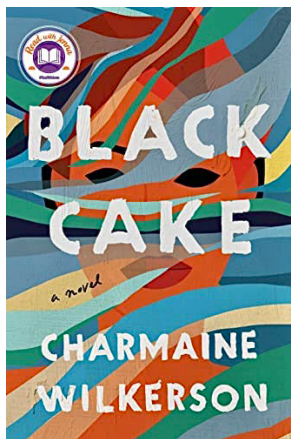
The **Scioto Guild** will not meet in February, as meetings will resume again in March 2023.

The **Hope Guild** will not meet in February, as meetings will resume again in March 2023.

The **Pediatric Guild** will not meet in February, as meetings will resume again in March 2023.

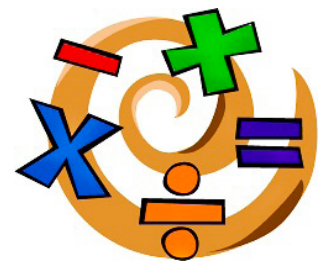
The **Service Guild** will not meet in February, as meetings will resume again in March 2023.

The **Kardia Guild** will not meet in February, as meetings will resume again in March 2023.



## Volunteer Book Club

The book chosen to discuss for February is "Black Cake" by Charmaine Wilkerson, and we are scheduled to discuss the title on February 18th at 1pm at The Loft's Coffee & Roastery. For further information or to RSVP, please contact the Volunteer Office at 740-356-8234.



## Go Figure...

This is definitely kind of intriguing: With a calculator...key in the first 3 digits of your phone number (do not use area code). Multiply this number by 80. Add 1. Multiply that number by 250. Now add the last 4 digits of your phone number. Add the last 4 digits of your phone number again. Now subtract 250. Now, finally divide that number by 2. Is this your phone number??? I bet it is!



## Did You Know...

The story of conversation hearts first began when a Boston pharmacist named Oliver Chase invented a machine that simplified medical lozenges – used for sore throats! The result was America's first candy making machine, because the pharmacist soon started shifting his focus from making lozenges to candy instead Chase founded the New England Confectionery Company, or Necco, and the candy lozenges soon became what we know today as Necco wafers.

## Celebrating Volunteer Day

"V" is not just for Valentine's Day – "V" is for Volunteer Day too! After all, volunteering is an act of love, so the countdown to this exciting day is on! To celebrate and because we just couldn't think of a sweeter way to say "I Love You" to our wonderful and amazing volunteers, be sure to stop by the Volunteer Office (Waller Bldg., Suite 204A) on Tuesday, February 14th between the hours of 11am-1pm for a delicious bowl of homemade soup and a "heart-shaped" cookie to celebrate the occasion! For further information contact the Volunteer Office at 740-356-8234.







## Gardening Time

**Submitted by Joyce White – Volunteer**

Even in January's hard cold, frozen ground  
 A garden of hope can be planted year around.  
 Just sow seeds of kindness, joy, and love.  
 Nurtured by God's Hand from Heaven above.

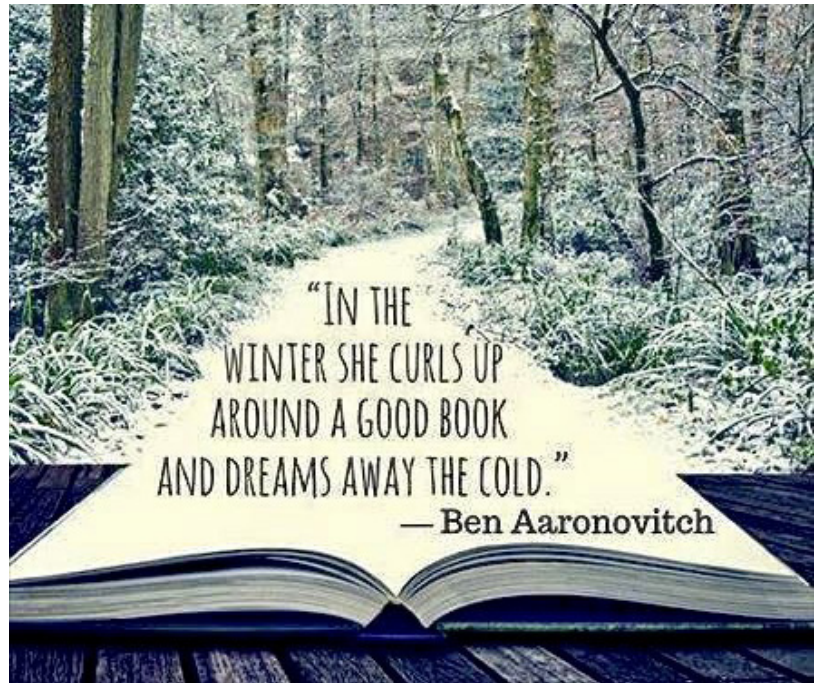
Receiving a smile has a heart-warming effect.  
 When sprinkled seeds of kindness and respect.  
 Everyone needs help at one time or another.  
 Don't be afraid to ask it is really no bother.

Sowing seeds of joy creates a happy heart.  
 Laughter is good medicine frowns quickly depart.  
 Never take one's self too serious we each have flaws.  
 If all were alike, life would be very dull.

Without love the world would be a dark place.  
 A place without mercy, a place without grace.  
 The seeds of love are the most powerful of all.  
 Love God, Love neighbors Jesus' ultimate call.

The garden of hope is always there.  
 When prayerfully planted with loving care.  
 Seeds of kindness, joy, and love will prevail.  
 God is in control and He never fails.

Written by – Steve Good



## Volunteer Services Hosts Winter Reading Challenge

Who doesn't enjoy snuggling up with a good book when it's cold outside?!? Besides, whether your New Year's resolution is to improve your health, learn a new skill or read more, SOMC Volunteer Services is hosting once again, a challenge that may motivate you to do just that! Starting January 3, you can obtain a Reading Challenge form from Volunteer Services and get ready to mix it up! There are 15 reading categories that may delight you, push you outside your reading comfort zone, or introduce you to your new favorite author. Simply read books that match at least five of the 15 categories, turn in your completed challenge form and be entered in the drawing on February 28th for a fun cozy winter reading prize! (One entry per volunteer). Categories include:

- » A book published before 2000
- » A book you have been looking forward to
- » A book with food or drink on the cover
- » A cozy mystery
- » A book by an author who has written more than 10 books
- » A book that is first in a series
- » A book with a one word title
- » A book by an author you've never heard of before
- » A book recommended by a friend
- » An digital audio or e-book
- » A book with a number in the title
- » A book with a love triangle
- » A Cookbook
- » A book based on a true story
- » A book with a "color" in the title

For further information or to have a challenge form emailed to you please feel free to contact the Volunteer Office at 740-356-8234.

# STAY HEALTHY!

## Take Everyday Actions to Stay Healthy

**Cover** your nose and mouth with a tissue when you cough or sneeze. Cough into the upper sleeve or your elbow area of your arm instead of your hands. Throw the tissue in the trash after you use it.

**Wash** your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. There are numerous ones though out the hospital. Keep in mind that you have to use them for it to help.

**Avoid** touching your eyes, nose or mouth. Germs can spread that way.

**Practice** social distancing — no need to stand on top of one another

**Get** an annual flu shot. It's not too late yet.

**Avoid** using other people's telephones, computers and cell phones.

**Use** a hand sanitizer.

**Consider** wiping down phones, keyboard, door knobs, and chair-arms.

## Spring Cleaning Comes Early

The Volunteer Office has already starting a little “spring cleaning,” with our volunteer database. Currently we are in the process of updating our existing volunteer information, as it is very important to have the most up-to-date information on our volunteers. This way we can be certain that you are receiving all the news we need to get your way, as well as house all of the accurate information in regards to hours, current address, email and emergency information. At your convenience just give the Volunteer Office a call (740-356-8234) and we will be more than happy to update your info!

## Guild Fundraising

On February 9th and 10th the Pleasure Guild will host their popular “Jet’s & Sweet Shop Sale,” just in time for Valentine’s Day from 7:30 a.m. – 4 p.m. in the Waller/ED Corridor.

On February 16th from 7:30 a.m. – 4:00 p.m. and February 17th from 7:30 a.m. – 3:00 p.m. the Hope Guild will host their popular “Books Are Fun Sale” in the Waller/ED Corridor. This sale includes books, as well as gift items for all ages. Yes, unbelievable prices on hundreds of items!



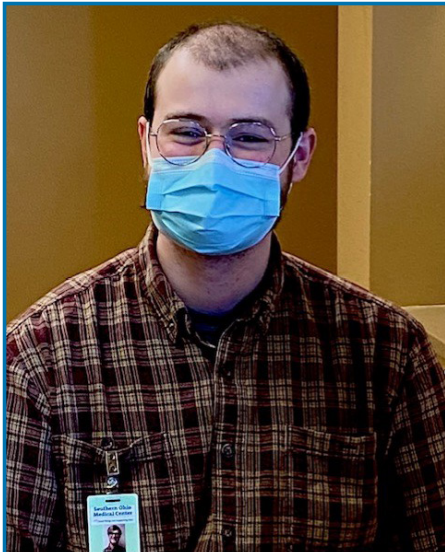
## Looking for Gift Ideas for Valentines Day?

Valentine’s Day is just around the corner, and SOMC’s Gift Gallery can assist you in making this particular day quite special with a nice selection of thoughtful gifts for her or gifts for him! Stop by today and let the Gift Gallery team take care of your Valentine wishes!



# Volunteers in Action

*“Volunteers do not necessarily have the time; they have the heart.”*



Abraham Heimbach  
– Heart & Vascular



Betty Kennedy –  
Same Day Surgery



Yeti - Hospice

## ANNOUNCEMENTS

- » If you are unable to make your scheduled commitment, please contact the Volunteer Office at 740-356-8234. There is an answering machine, so if you are calling after hours, please leave a message.
- » Volunteer Reading Challenge January 3 – February 28.
- » Volunteer “Valentine Soup to Warm Your Heart.” February 14th from 11am – 1pm, Volunteer Office!
- » Make sure you are turning in your volunteer time.
- » Annual Volunteer Education – throughout the month of February.
- » Volunteers are being sought for the following departments: Gift Gallery, Heart & Vascular and Hospice. If you are interested in obtaining further information regarding the above-mentioned areas and responsibilities, please contact the Volunteer Office.
- » If you have not received your flu vaccination please contact the Volunteer Office to schedule, as all volunteers MUST receive a flu vaccination as per SOMC policy.
- » Have a good volunteer story or news that we can share? If so, then be sure and drop it by the Volunteer Office or e-mail to: [lavendej@somc.org](mailto:lavendej@somc.org).



# What's on the Menu

## French Toast Twinkies w/ Strawberries & Cream

*No matter how old you are - these delicious bursts of cheerfulness are always tasty. Besides what other little golden sponge cake is filled with so much happiness?*

- » 2 tablespoons butter
  - » 4 Hostess Twinkies
  - » 2 eggs, beaten
  - » 1/3 cup milk
  - » Powdered Sugar
  - » Strawberries
  - » Whipped Topping
- Melt the butter in skillet over medium heat. Mix together eggs, milk and vanilla. Dip Twinkies in egg mixture, coating evenly. Place in the hot skillet and cook until lightly browned and crispy on all sides, turning to cook each side. Serve warm, dusted with powdered sugar and garnished with sliced strawberries and whipped topping.



## Life is Better with Popcorn, Movies & Friends!

On a chilly Friday afternoon, Volunteers warmed up with a delightful movie and delicious popcorn – and yes, a fabulous time was had by all!

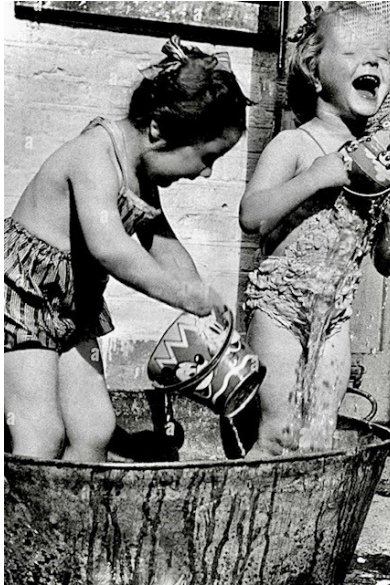
## The Galvanized Wash Tub - Submitted by Shelby Powell, SOMC Volunteer

Did you ever take your Saturday bath,  
and try to wash and scrub;  
While squatting down on your haunches  
in a galvanized washing tub?  
If not, then you ain't  
missed a thing. But I'm  
telling you what's right  
I done it until I was almost grown,  
on every doggone Saturday night.

In summer time it was bad enough,  
but in winter it was really rough  
Spreading paper, filling  
buckets and kettles and  
all that sort of stuff.  
But getting ready for that  
ordeal was only half the rub.  
Of taking a bath on Saturday night,  
in a galvanized washing tub.

Did you ever stand there, stripped to the  
skin, a woodstove baking your hide?  
A dreading to put your darn foot  
in for fear you'd burn alive?  
Finally you got the temperature right  
and into the tub you'd crawl  
That cold steel would touch your back  
and you'd squeal like a fresh cut hog.

You'd get out of the tub next to the stove  
and stand there dripping and shaking.  
The front of your body's a freezing to death  
while the back of your body's a baking.



A shivering, a shaking, a  
burning and baking. That's  
the price I had to pay.  
That awful ordeal still haunts  
me though I'm old and grey.

I ain't through yet, there's  
something else that I've  
been waiting to say.  
I was the youngest of all the kids  
that bathed each Saturday.  
Now we all bathed according to  
age and I fell last in the order.  
Which meant I had to wash myself  
in their same dad blamed water!

I'm a man of clean habits and I  
believe in a bath a week  
It helps to keep clean and healthy  
and it freshens up my physique.  
But if I had my druthers I'd druther eat a bug,  
Then take my Saturday bath again  
in a galvanized washing tub!

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## A Little Romantic Humor



When a woman got married she put a shoebox in the closet and told her husband not to open it. Then over 50 years of marriage she asked her husband to open the box. When he opened it there were two doilies and \$85,000.00! He asked why this was in the box. She replied, "When I got married my mother told me to crochet a doily every time I got mad at you." He smiled thinking she was only mad at him twice over the 50 years, and then asked what the \$85,000.00 was, She replied, "That's all the money I received from selling the doilies."

An honest seven-year-old admitted calmly to her parents that Billy Brown kissed her after class. "How did that happen" gasped her mother. "It sure wasn't easy," admitted the child, "it took three girls to help me catch him!"





## Annual Volunteer Education Scheduled for February

With volunteer luncheons not yet scheduled for 2023 – what is scheduled, is keeping our volunteers updated and informed. With this in mind, on February 15th, Volunteer Services will be mailing Annual SOMC Volunteer Training/ Educational Packets to all active volunteers. Once received, volunteers are asked to review the information and return the required signed documents in the enclosed self-addressed, stamped envelope for recording. When individuals wonder why SOMC Volunteers are so exceptional – our volunteers not only have the heart, compassion and commitment – SOMC Volunteers also have the essential education as well! For further information please contact the Volunteer Office at 740-356-8234.

## How To Become A Volunteer

Interested in volunteering at Southern Ohio Medical Center? If so, the only thing needed to become a volunteer is the desire to help people. At SOMC we focus on helping our patients and visitors as well as our hospital staff. There are many different areas of the hospital to volunteer your time and by meeting with the Volunteer Office we can work with you in choosing the area that suits you the best! If you like to be around people, Same Day Surgery or Heart & Vascular would be a perfect place. If you like retail and shopping, the Gift Gallery might be just for you. If you like to be busy, but prefer to be away from the crowd, office work may be the area you prefer. Special projects and events and fundraising with our Guilds, are some of the other things we do that you may have an interest in as well. So you can see, SOMC has many opportunities for you to volunteer! For further information or to obtain a volunteer application please contact the Volunteer Office at 740-356-8234 or feel free to stop by and see us, as we are located in the Waller Building, Suite 204A.

### Know Someone Interested In Volunteering?

If so, send your friends to our website at <http://www.somc.org/employee/volunteering/> so that they can learn about some of the volunteer opportunities that are available. They may also contact the Volunteer Office at 740-356-8234 or email to: [lavendej@somc.org](mailto:lavendej@somc.org)

If you would like to receive the newsletter electronically, please call the Volunteer Office with your e-mail address at **740-356-8234** or send an e-mail request to [lavendej@somc.org](mailto:lavendej@somc.org)

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**Have You “Liked” Us Yet On Facebook?** If you aren't already a fan of SOMC's Facebook page, it's time to “like” us! We will be posting photos and you just may see yourself in one of the postings!