

Friend Friend

VOLUNTEER NEWSLETTER
OCTOBER 2023



Anna Cardenas – Kardia Guild
fundraising sale, with Sherri Hurley

A Note from Jenny

*“Autumn leaves are falling, filling up the streets;
golden colors on the lawn, nature’s trick or treat!”*

If you’ve been lucky enough to spend any part of this past week outside, you’ve noticed the crisp breeze in the air, and perhaps you’ve even crunched a leaf or two under your feet. Yes, I thoroughly enjoy this time of year for many reasons, one of the most obvious is the beautiful change of pace that nature brings as she prepares for winter. As the leaves whirl around us this particular time of year, I have to say, the inspiration that our SOMC volunteers demonstrate whirl around and encompass our staff, visitors and patients! Therefore as a leaf finds itself whirling and twirling to the ground I hope that each and every one of you take a moment to reach out, grab a leaf and hold on to your most inspiring moment here at SOMC. I know I hold on to mine almost daily.

In regards to “a cool breeze in the air,” this is one time of year that you will always find a delicious pot of soup simmering in my kitchen, as it is truly one of my “Fall favorite” comfort foods. With this in mind, you just might just want to make note that on Tuesday, October 12th, delicious homemade soup will be simmering in the Volunteer

Office for volunteers to enjoy during lunchtime (11:30am – 1pm), so feel free to stop by for a warm bowl of delicious homemade soup “to go” (while it lasts, lol) – compliments of “The Volunteer Café & Grill,” (located in the Waller Building, Suite 204A).

Also keep in mind that October is the month for flu vaccinations. If your physician has already administered the vaccine, all you need to do is email, text or fax your documentation to the Volunteer Office and we will ensure that it is noted in our files and submitted to Employee Health & Wellness as well – that way we all are in compliance. If you are interested, vaccinations will be administered to all SOMC Volunteers (free of charge) through Employee Health during the month of October. To ensure the safety of all, SOMC employees, providers, students and volunteers are required to receive the flu vaccine each year.

In closing, here’s wishing you all the treats a day can hold, all the smiles your hearts can share, and all the fun a special volunteer like you deserves!



*Happy Halloween
and Happy Autumn!*

Hugs & Smiles,



Jenny Lavender, Manager
Volunteer Services

Guild News

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 **Scioto Guild** will meet on Wednesday, October 4th at 10:30 a.m. at the home of Donna Chabot in Portsmouth.

The **Pleasure Guild** will meet on Thursday, October 5th at 1:00 p.m. at Forest Heights Community Center, which is located at 1442 Bihlman Drive in Portsmouth.

The **Pediatric Guild** will not meet again until November.

The **Kardia Guild's** next meeting will be held on October 19th at 12:00 p.m. at Giovanni's (Lucasville), which is located at 10689 US-23 in Lucasville.

The **Hope Guild's** next meeting will be on Friday, October 13th at 11:30 a.m. at Ponderosa, which is located at 8801 Ohio River Road in Wheelersburg.

The **Service Guild's** next meeting will be held on October 18th at 12:00 p.m. – location TBA.

Volunteers in Action

*"It is not how much we do,
but how much love we put in the doing."*



Donna Chabot
– Hosting Scioto
Guild meeting
at her home.



Jo Kennedy, Kathy
Blackburn – Gift
Gallery with Paul
Wagner – Main
Entrance Door Greeter.



Notre Dame Students volunteering in SVCU,
PCU and Nutrition Services on Tuesdays.

SOMC'S
**Light
it Pink**
2023

In honor
of National
Breast Cancer
Awareness
Month, Southern
Ohio Medical Center
is ready to "Light it Pink" in October!

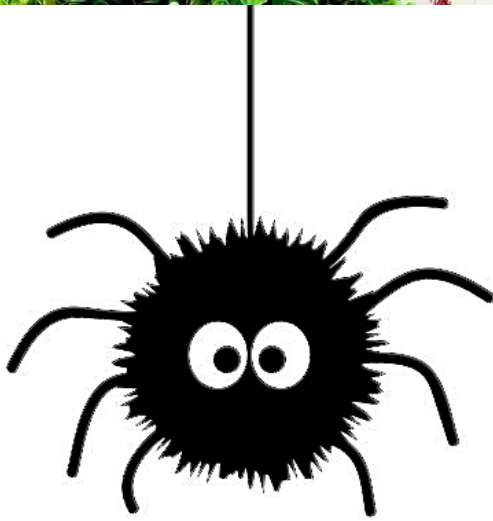
Mark your calendars for the events outlined below. All proceeds from the Light it Pink events will benefit the SOMC Cancer Compassion Fund. This fund assists cancer patients with medication needs, transportation, wigs, nutrition, and more.

- » Saturday, October 7. Pink Pickleball. 7am – 3pm at the SOMC LIFE Center. Free to the public. Donations accepted for the Cancer Compassion Fund.
- » October 9 – 13. Pink Out Week
- » October 9 – Light it Pink Lantern Launch – 6pm. Hill View Retirement Center Pond. Park at SOMC Main Campus and walk over to pond area
- » (Rain date is October 10)
- » Oct. 11. Clinical Breast Screening, 2-6pm at the SOMC Cancer Center. Call 740-356-7444 to register.
- » October 13 – Pink Out! Wear Pink!
- » October 13 – Breast Cancer Awareness WOD (Workout of the Day). 8am, Noon, and 4pm. CrossFit Alpha Pack.



SOMC Gift Gallery is Ready for Fall

Fall is officially in the air at the SOMC Gift Gallery, so stop in and enjoy a vast variety of new and exciting Halloween and Harvest merchandise that you won't want to miss! In addition the Gift Gallery has also received a new shipment of fashionable fall purses, seasonal candy and beautiful home décor. To compliment this latest seasonal change specialty coffee, apparel and much more have been added for your enjoyable shopping experience as well, The SOMC Gift Gallery is open Monday - Thursday, 8am - 4pm and on Friday from 8am-noon. For further information, simply call 740-356-8360 during regular business hours. Happy Fall!



Did You Know...

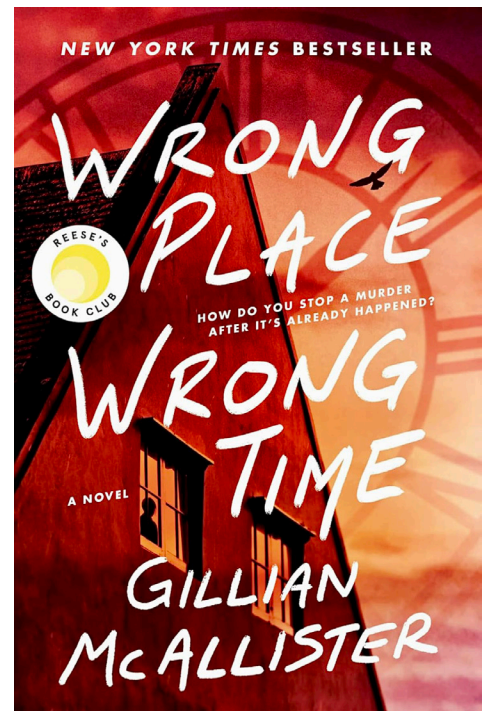
According to a popular Halloween folklore, if you see a spider on Halloween, it could actually be the spirit of a loved one watching over you.

From A Volunteer's Perspective

SOMC knows that as meaningful as your volunteerism is, it is the person-to-person connections that live on in your heart. For that reason, we especially value volunteers' reflections and first-person stories that tell of the new friendships, understandings, and perspectives you gain. Therefore if you have a story to tell about your volunteering experience at SOMC we would love for you to share it with us. You may e-mail your story to lavendej@somc.org. Mail to: SOMC Volunteer Office, 1805 27th Street; Portsmouth, OH 45662 or drop it by the Volunteer Office.

Guild Fundraising

On October 30th from 7:30 a.m. – 4:00 p.m. and on October 31st from 7:30 a.m. – 3:00 p.m. the Pediatric Guild will host their popular "Simply M" sale in the Waller ED Corridor. This exciting sale offers trendy boutique style clothing at an affordable price!



Volunteer Book Club

The book chosen to discuss in October is "Wrong Place Wrong Time" by Gillian McAllister, and we are scheduled to discuss the title on October 21st at Wolford's Landing Campground. If you are planning to attend please contact the Volunteer Office to RSVP at 740-356-8234.



Volunteer Book Club Celebrates 15 Years!

In 2008, the iPhone was barely a year old, Instagram didn't exist, the price of a postage stamp was 42 cents, the "Twilight" madness had only just begun...and "From the Cook's Shelf Book Club" was established - and has been going strong ever since! Yes, 15 years was celebrated on September 16th with truly fabulous volunteers. In our 15 years, we have read so many wonderful books (176 to be exact), and have shared more laughs and memorable moments than one could ever possibly imagine! Nonetheless, over time some things never change - the warmth, laughter, camaraderie - and as long as there are dedicated volunteers willing to share their friendship and love of books, this sweet little book club will hopefully continue for many years to come. As the saying goes...Books + Friendship = Book Club.



Volunteers Enjoy Breakfast @ the Campground

In observance of All-American Breakfast Month, SOMC Volunteers celebrated the occasion at Wolford's Landing Campground - curbside, with a delicious breakfast of Fluffy Biscuits, Country Gravy, Crispy Bacon and Juice!



Knit For Hope

Knitters and crocheters of all skill-levels are invited to get-together for an evening of fun, food and the support of a good cause, as part of the "Knit for Hope" volunteer program at SOMC. The next meeting is scheduled for Monday, October 30th from 4:30 - 6:30 p.m. and will take place at Wolford's Landing Campground, which is located at 6888 Front Street in Sciotoville. Finished products will be donated to the SOMC Cancer Center and Hospice. For further information or to RSVP please phone 740-356-8236.



Volunteer Pumpkin Carving Adventure Slated

There is nothing more traditional to Halloween than a good old fashion pumpkin carving party! With this in mind Volunteer Services will be hosting their second annual “Pumpkin Carving Adventure” at Wolford’s Landing on October 17th at 11:00 a.m. Participants will have the opportunity to either carve or decorate their pumpkin using their own imagination and creativity! Pumpkins will be photographed and placed on Facebook for judging immediately following, with a winner announced on October 23rd! Simply bring your pumpkin, carving tools and craft supplies for an amazing adventure you are sure to enjoy! Cookies, Carving & Creativity will be on the agenda, as well as an amazing time spent with volunteers. Space is limited so be sure and call 740-356-8234 to reserve your seat, and for further details.

Flu Vaccinations

At SOMC we are dedicated to the safety, health and well-being of our patients, staff and volunteers, as this includes protecting you from communicable diseases such as influenza (flu). As you are aware, all employees, providers, students, and volunteers must receive the flu vaccine each year. The goal of mandatory flu immunization is to help protect our patients, staff and volunteers from flu and the risks it poses. Volunteers will have the opportunity to obtain their annual flu vaccination during the month of October by stopping by Employee Health & Wellness (Waller Building – Suite 307A) Monday – Friday (October 2 – 31) from 8am - 4pm. If you should have any questions or need additional information please feel free to contact the Volunteer Office at 740-356-8234.



Volunteer Movie Matinee Slated

On Friday, October 27th a “Halloween Movie Matinee” will be getting underway at 1:00 p.m. in the Portsmouth Public Library’s Meeting Room for our SOMC Volunteers – complete with soda, popcorn and no admission fee! So mark your calendars, as we will be showing Disney’s “Haunted Mansion” (2023 version). This fun “Halloweenish” adventure features an all-star ensemble cast including Owen Wilson, Danny DeVito, Daniel Levy, Jamie Lee Curtis and Tiffany Haddish. If you find yourself interested in attending this fun and entertaining event please contact the Volunteer Office at 740-356-8234 and reserve your seat, as space is limited.



Trick-or-Treat

Most of us probably would feel pretty silly trick-or-treating around the neighborhood on Halloween, but let’s be honest, most of us loved trick-or-treating and were a little sad when we got too old for it. The solution: the Volunteer Office will be distributing treats to our wonderful volunteers on Halloween (October 31) and all you have to do is stop by the Volunteer Office between 10:00 a.m. – 2:00 p.m. and say “Trick-or-Treat” and you will definitely receive something good to eat!

What's on the Menu

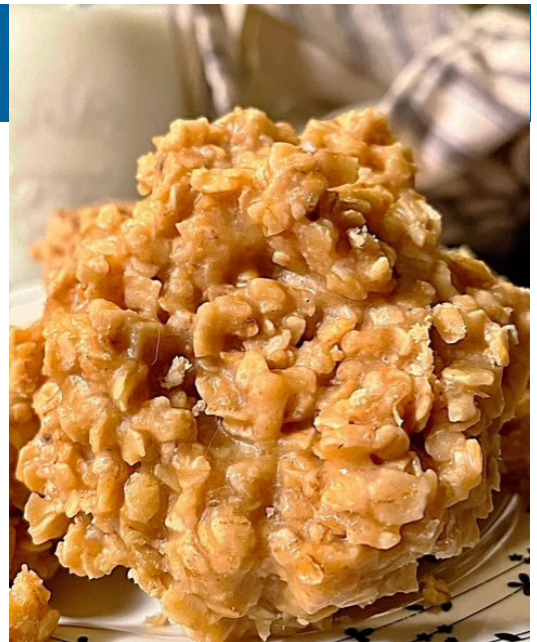
Peanut Butter No Bakes

A no-bake recipe that has yet to fail!

- » 2 cups sugar
- » 2 tablespoons butter
- » 1/2 cup milk
- » 1/2 cup peanut butter
- » 1 teaspoon vanilla
- » 3 cups quick cooking oats

Stir the above ingredients together in a deep microwave safe bowl and microwave for 5 minutes, then add:

Quickly drop by tablespoons onto waxed paper to cool and set. Store in an airtight container (if they last that long!)



ANNOUNCEMENTS

- » Volunteers are being sought for the following locations: Gift Gallery, Laundry, Same Day Surgery, Outpatient Rehab, Heart & Vascular, Human Resources and Hospice
- » Flu vaccinations will be offered through Employee Health & Wellness (Waller Building, Suite 307A), October 2 – 31 (Monday – Friday, 8:00 a.m. – 4:00 p.m.)
- » 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.
- » Soup Day! October 12 from 11:30 a.m. – 1:00 p.m. – Volunteer Office
- » Volunteer Pumpkin Carving Adventure – October 17th from 11:00 a.m. – 1:00 p.m., Wolford's Landing
- » Volunteer Book Club – October 21 at 1:00 p.m. – Wolford's Landing
- » Volunteer Movie – Portsmouth Public Library (Meeting Room) – October 27 at 1:00 p.m.
- » Knit for Hope – October 30 at 4:30 p.m. – Wolford's Landing
- » Trick-or-Treat – Volunteer Office – October 31 from 10 a.m. – 2 p.m.
- » Make sure you are turning in your volunteer time!
- » 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

New Volunteers

Linda Goodan
Olivia Priestley
Sarah Stonerock
Cara Dobbins
Jane Jennings
Jake Edwards
Landon Emmett
Kyndall Ford
Savanah Holtgrewe
Ella Kirby

October Birthdays

10/2	Patricia Pasquinelli	10/17	Janet Welty
10/3	Gloria Gibbs	10/18	Donna Dryden
10/3	Donna Chabot	10/20	Victoria Tran
10/7	Jill Houck	10/21	Mary Moore
10/7	Rae-Jean Wagner	10/21	Aleza Smith
10/11	Betty Kennedy	10/22	Peggy Pollard
10/12	Debbie Gambill	10/27	David Malone
10/13	Amanda Martin	10/28	Ralph Clay
10/13	Mary Jane Jones	10/29	Tanner Stevenson
10/14	Stacey Sammons	10/30	Traudi Strickland
10/15	Freda Billiter		



Fall Guild Luncheon & White Elephant Auction

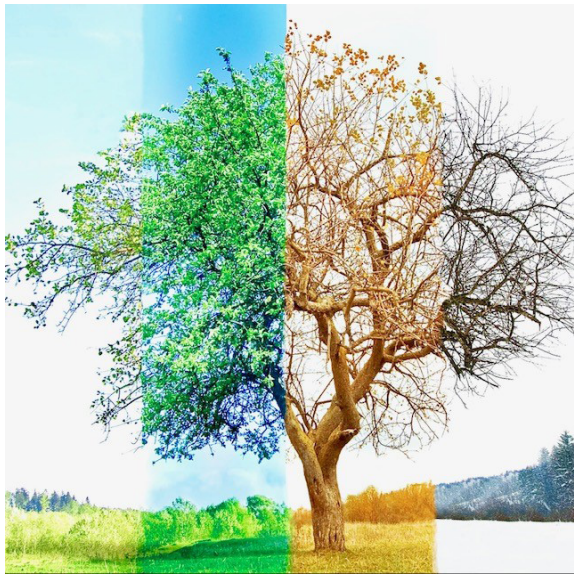
On September 22nd more than 36 Guild members gathered together at the Braunlin Conference center to raise funds during the SOMC Guild Fall Luncheon & White Elephant Auction hosted by Volunteer Services. In just under an hour over \$500.00 was raised to support our SOMC Guild's fundraising efforts, and yes, a great time was definitely had by all.



Pediatric Guild Hosts Meet & Greet

On September 21st the Pediatric Guild hosted a recruitment "Meet & Greet" for potential members at the Old Monastery in Portsmouth. Delicious appetizers, a delightful presentation, entertainment by Stephanie Schaefer and an amazing atmosphere were enjoyed by all!





The Four Seasons of Life

There was a man who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each on a quest, in turn to go and look at a pear tree that was a great distance away. The first son went in the winter, the second in the spring, the third in summer, and the youngest son in the fall. When they had gone and returned, he called them together to describe what they had seen. The first son said that the tree was ugly, bent and twisted. The second son said it was covered with green buds and full of promise. The third son disagreed; he said it was laden with blossoms that smelled so sweet and looked so beautiful, it was the most graceful thing he had ever seen. The last son disagreed with all of them; he said it was ripe and drooping with fruit, full of life and fulfillment. The man explained to his sons that they were all right, because they had each seen only one season in the tree's life. He told them that you cannot judge

a tree, or a person, by only one season. That the essence of who they are, are the pleasure, joy, and love that come from that life, can only be measured at the end, when all the seasons are up. If you give up when it's winter, you will miss the promise of your spring, the beauty of your summer, and the fulfillment of your fall.

Don't let the pain of one season destroy the joy of all the rest. Don't judge life by one difficult season. Persevere through the difficult patches, and the better times are sure to come in time. Aspire to inspire before you expire. Live simply, love generously, and care deeply.



Volunteer Inducted Into Hall of Fame

Ed Cable, SOMC Gift Gallery Volunteer was recently inducted into the North American Fastpitch Association Hall of Fame during their National Softball Hall of Fame Banquet held in Madison, Wisconsin. Ed was recognized for his accomplishments and dedication to the sport of softball, his outstanding achievements on the softball field, as well as his leadership off the field. Congratulations Ed, from all of your fans at SOMC!

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

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

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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!