

Friend Friend

VOLUNTEER NEWSLETTER
MARCH 2023

Linda Browne - Scioto Guild



A Note from Jenny

Where is the time going?!? My Grandma always said “the older you get the faster time flies.” Yes, I am finding out that she was pretty wise with that one! However, with this in mind, I thought I would give you an insight as to why this seems to run true. As adults, traditions, anniversaries and celebrations gradually accumulate and merge, so that the difference between each year and the previous one grows smaller and smaller, whereas, a child’s mind is constantly learning new experiences, and thus life is full of wonder. Rumor has it that, if we want time to go slower, we need to slow down, buildup our memory and learn new things instead of living by a schedule. (Do not see the schedule thing happening – LOL) Whether or not all of this is true, it does make a little more sense.

With New Years, Valentine’s Day and St. Patrick’s Day and Easter almost under our belts, I know I shouldn’t be wishing time so quickly, but contemplating the warmth of Spring, flowers blooming and the thought of longer days seems oh, so nice. To give you an idea of just how fast time is flying...the Summer (yes, summer) Jr. Volunteer applications will be available in the Volunteer Office beginning April 1. Jr. Volunteers range in age from 16-18 years of age, and I must say, they look so forward to all of the wonderful opportunities, as well as the knowledge they receive while volunteering at SOMC! With that, I would like to thank you all for making their experiences so memorable too!

Also, National Volunteer Week is April 16-22, in celebration of you – therefore we will be serving up a variety of activities encompassed around the theme “Give Happy, Live Happy...Volunteer,” for you to enjoy during this particular week.

In closing, to my wonderful volunteers...I warmly wish you, someone to love, some work to do, a bit o’ sun, a bit o’ cheer and a guardian angel always near. “Happy St. Patrick’s Day,” “Happy Easter” and “Happy Spring” – may your days be happy and bright and filled with the nicest things that spring can bring.

Hugs & Smiles!

Jenny Lavender, Manager Volunteer Services

March Birthdays

3/3	Nancy Casey
3/5	Alice Spriggs
3/6	Willa Tanner
3/6	Donna Rose
3/8	Carolyn Applegate
3/8	Cindy Vetter
3/12	Johnny McKenzie
3/12	Emily Pellegrinon
3/14	Ralph Bussey
3/15	Shelby Powell
3/17	Dan Ashmore
3/18	Karen Moore
3/18	John Marshall
3/20	Janet Doyle
3/22	Lee Daily
3/26	Martha Cook
3/29	Brenda Lykins

New Volunteers

Tanner Lee
Emma Griffin
Jessie Thompson
Timothy Gianneti
Ariana Webb
Marisa Howard
Gwen Thompson

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 will be held on Thursday, March 2nd at 1:00 p.m. at Haute Stuff Catering, which is located at 1406 Kinney's Lane in Portsmouth.

The **Scioto Guild's** next meeting will be held on Wednesday, March 8th at 10:30 a.m. at Cornerstone United Methodist Church, which is located at 808 Offnere Street in Portsmouth,

The **Pediatric Guild's** next meeting will be held on March 8th at 12:00 p.m. at Belini's Cucina Italian Restaurant, which is located at 603 Chillicothe Street in Portsmouth.

The **Hope Guild's** next meeting will be on March 10th at 11:30 a.m. at Haute Catering, which is located at 1406 Kinney's Lane in Portsmouth. Installation of officers will be observed at this particular meeting.

The **Service Guild** will not meet until April.

The **Kardia Guild** will meet on March 16th at 12:00 p.m. at Giovanni's in Sciotoville, which is located at 315 Harding Ave.



SOMC Volunteer Recognized as Hometown Hero

It was a very exciting and special day for one volunteer at Southern Ohio Medical Center, as turning 99+1 years old on Sunday, February 12, the following Monday morning, Goldie Griffith was recognized among her fellow volunteers and staff as the latest WSAZ Hometown Hero, during a surprise get-together to celebrate the occasion. Goldie has spent nearly 30 years as a volunteer at SOMC, and is the first active volunteer to achieve such a distinctive milestone while serving throughout the hospital's history.

Goldie began volunteering at SOMC in 1985, after retiring from the Ohio State Board of Cosmetology as a State Board Inspector. Goldie is currently a member of the SOMC Hope Guild, where she continues to volunteer at all fundraising sales, attends monthly business meetings, and currently serves as the Guild's Treasurer. For many years Goldie volunteered in the SOMC Gift Gallery where staff remember her most – always offering a helping hand, and a sweet smile to the many customers and staff that visited. "As long as I have known Goldie, she has NEVER wanted anyone to know her actual age – even her application does not reflect the correct year. With

this, Goldie's volunteer friends throughout the years remind me secretly of how close Goldie is getting to 100 years of age," states Jenny Lavender, Manager of SOMC Volunteer Services.

On February 6, a special lunch meeting was hosted by the SOMC Hope Guild to solely wish Goldie the happiest of birthdays, which Goldie did not discover the actual purpose until her arrival, and it was at this moment that Lavender asked permission to share this amazing milestone with SOMC and to no longer keep it a secret. Yes, permission was granted with a genuine smile and appreciation. In Goldie's words... "just tell everyone that I'm 99+1 years old – that way if they can't do the math, well, then it's their problem!"

Goldie is quite the entertaining and active individual, as not only does she continue to volunteer at SOMC, she continues to serve as a volunteer Usher at SSU's VRCFA, among various other organizations throughout the Portsmouth community as well. "Yes, Goldie Griffith is pretty amazing, and is such an inspiration to so many. I am truly fortunate to have Goldie, as not only an inspiration and volunteer – but in my life as well," adds Lavender.

View WSAZ segment with Goldie at <https://www.wsaz.com/video/2023/02/17/hometown-hero-goldie-griffith/>

A Rose is a Rose

On the first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being. She said, "Hi handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?" I laughed and enthusiastically responded, "Of course you may," and she gave me a giant squeeze. "Why are you in college at such a young, innocent age?" I asked. She jokingly replied, "I'm here to meet a rich husband, get married, have a couple of children, and then retire and travel." "No, seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age. "I always dreamed of having a college education and now I'm getting one!" she told me.

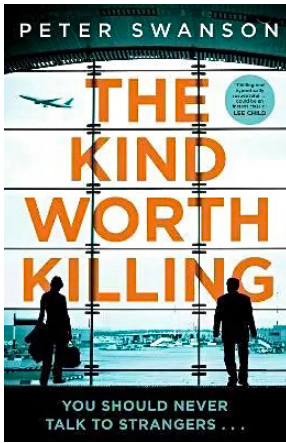
After class we walked to the student union building and shared a chocolate milkshake. We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up. At the end of the semester we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor. Frustrated and a little embarrassed she leaned into the microphone and simply said "I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know." As we laughed she cleared her throat and began: "We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success. You have to laugh and find humor every day. You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and don't even know it! There is a huge difference between growing older and growing up. If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight. Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding the opportunity in change. Have no regrets. The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets." She concluded her speech by courageously singing "The Rose." She challenged each of us to study the lyrics and live them out in our daily lives.

At the years end Rose finished the college degree she had begun all those years ago. One week after graduation Rose passed away peacefully in her sleep. Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be.

Remember, **GROWING OLDER IS MANDATORY, GROWING UP IS OPTIONAL.**





Volunteer Book Club

The book chosen to discuss in March is “The Kind Worth Killing” by Peter Swanson, and we are scheduled to discuss the title on March 18th at Hill View. For further information please contact the Volunteer Office at 740-356-8234.

Spring Cleaning Comes Early

The Volunteer Office has already started 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!



Annual Volunteer Education – Action Required

The “Annual SOMC Volunteer Training/Educational Booklets” have been mailed to all active volunteers, so remember to review the information and return the required signed documents highlighted in the self-addressed, stamped envelope that was included in your packet. With this process we can properly document the required information, keeping Volunteer Services in compliance with Joint Commission. 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.



Did You Know...

Did you know that it takes 40 gallons of Sap to make Maple Syrup? Sap from the sugar maple tree in Vermont begins running in mid-March and will run for approximately 6 weeks, however this varies by region. For the best production, daytime temperatures should be in the 40's and the evening temps should drop to the 20's.

Volunteers in Action

“Remember that the happiest people are not those getting more, but those giving more.”



Bayleigh Wagner –
Human Resources



Mary Holmes & Laura
Roberts – Volunteer
Book Club



Goldie Griffith & Nancy
Casey, pictured with Randy
Arnett former SOMC CEO
& President – Hope Guild
Book Fundraising Sale

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
- » Make sure you are turning in your volunteer time
- » Annual Volunteer Education – Return Documentation by April 1
- » 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.
- » Volunteer Book Club – March 18 @ Hill View
- » Volunteer Week coming soon – April 16-22
- » 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

What's on the Menu

Berry Parfaits

Are you ready for the creamiest yogurt layered with your favorite berries? This may be your new go-to for breakfast, brunch and even dessert!

- » One 17 1/2-ounce container plain Greek yogurt
- » 1/2 cup heavy cream
- » 1 teaspoon vanilla extract
- » 1/2 cup brown sugar
- » Assorted berries (or other fruit of your choice)

First, pour the yogurt into a bowl. Then add the cream and vanilla. With a whisk, carefully stir

until combined. It should be nice and thick. Sprinkle the brown sugar evenly over the top of the yogurt mixture. Do not stir the mixture. Cover the bowl with foil or plastic wrap and tightly seal the edges. Place in the refrigerator for at least 20 to 30 minutes. When you are ready to serve, place a small handful of berries (or other fruit) into a bowl or cup. Without stirring the mixture, spoon the yogurt over the berries. There will be creamy areas and brown sugar areas. Repeat the layers once, ending with berries on top. Note: You may also add your favorite granola to the layering as well.



Leprechaun Treats For Someone Sweet!

You don't have to be Irish to love and celebrate St. Patrick's Day, as there are countless ways to "get your green on" this time of year - and the spirit of others in the process. With this in mind, Volunteer Services will be celebrating the occasion by offering "Leprechaun treats for someone sweet," because a great volunteer like you is like a four leaf clover... hard to find, and lucky to have! Mark your calendars for Friday, March 17th and stop by the Volunteer Office from 10am – 2pm for a St. Patrick's Day inspired confection!



Gift Gallery News

The SOMC Gift Gallery has recently added a couple of new and trendy items to their inventory – Bubble Lick Edible Bubbles, Jelly Belly Jelly Beans and Pourri!

the giftgallery

at Southern Ohio Medical Center



Bubble Lick Edible Bubbles are for kids, grandkids, dogs, or even yourself – because no one ever outgrows blowing bubbles, and they are pretty tasty too. Flavors include: Cotton Candy, Wacky Watermelon and Maple Bacon.



Yes, discover the flavor adventure of the world's most famous jelly beans that expand the flavor horizons with the largest collection of flavors, and each with a delicious delight to the taste buds.



Ready to give that funk all you got?!? A collection of current Pourri products for your home and personal needs are now available – from toilet sprays to pet and fabric fresheners – we've got you covered.

— SAVE THE DATE! —



FREE ADMISSION!!

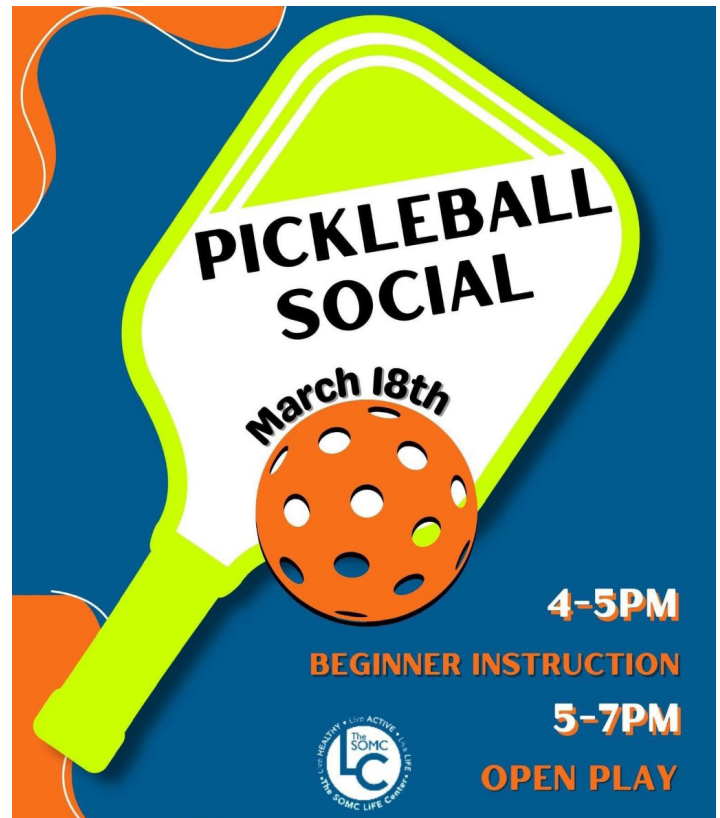
Saturday, April 1, 2023 | 1 pm - 4 pm

Dr. Singleton Park
22327 State Route 73
West Portsmouth, OH 45663

Featuring:

Large Kite Displays
Inflatables & Games

Food Vendors
Lung Health Information



4-5PM

BEGINNER INSTRUCTION

5-7PM

OPEN PLAY



Mark your calendars for March 18th, as the SOMC Life Center will be hosting a "Pickleball Social" at the Portsmouth location. Never played before? That's okay! Come at 4pm for Beginner Instruction to learn a little more about the game. Feel free to stay after for Open Play until 7pm. All are welcome at NO COST!



A Simple Irish Prayer

May God give you...

For every storm, a rainbow,

For every tear, a smile,

For every care, a promise,

And a blessing in each trial.

For every problem life sends,

A faithful friend to share,

For every sigh, a sweet song,

And an answer for each prayer.

National Nutrition Month

Seeing that March is National Nutrition Month, here are a few easy, tasty and healthy snacks when a snack attack strikes!

- » Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie
- » Toss dried cranberries and chopped walnuts in instant oatmeal
- » Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up
- » Fill a waffle cone with cut-up fruit and top with low-fat yogurt
- » Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa

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

E-Mail Addresses Wanted Please help SOMC reduce paper waste by signing up for electronic delivery of this newsletter and other volunteer news. Your privacy is valued as e-mail address shall be used for internal purposes only and shall not be distributed to third parties. To sign-up contact the volunteer office at 356-8234 or email us and let us know you'd like to receive our newsletter at lavendej@somc.org

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!