

# Friend Friend

## VOLUNTEER NEWSLETTER JUNE 2023



Willa Tanner, Debbie Daniels,  
Alice Spriggs, Glenna Duncan  
& Megan Gleadle

- Pediatric Guild Flower Sale -

## A Note from Jenny

I am the luckiest person ever, as every day I know that I will come across a volunteer who will either touch my heart, make me smile or give me something to reflect upon. (With my volunteers, it could easily be all three). I honestly admit that it is such a privilege for me to listen to a volunteer's story and interact with people from so many cultures and walks of life. As I have confirmed several times throughout my years as Volunteer Manager, I honestly have the best job ever, and you are such a significant part of that! Clearly, each volunteer is unique, along-side your own interests and dreams, you have your own reasons for volunteering – and however different you are, one factor remains the same – you have faith in TEAMWORK and MAKING A DIFFERENCE! Believe me, without the efforts of you, as a volunteer, generously donating your time and energy, working so diligently as a part of an amazing team – you make such a difference, and you are so appreciated more than you could ever imagine. So remember, the work we do as a team makes tasks run more smoothly, allows us to be able to accomplish more and provide a better experience for the

lives of those we touch each day. So with that, I am truly thankful for each and every one of you for your gifts of time and talents. We absolutely could not do it without you...and might I add...SOMC truly has THE BEST VOLUNTEER TEAM EVER – hands down!

When it comes to volunteering at SOMC, listed below are the top ten reasons that teamwork matters:

- » Together, Everyone Achieves More
- » A dynamic team is unstoppable
- » Individually we are special; together we are spectacular
- » Teamwork divides the task and doubles the success
- » There is strength in numbers
- » None of us is as smart as all of us
- » It is good to know a helping hand is always in reach
- » When a collection of minds and hearts work together, great things happen
- » Shared enthusiasm energizes everyone
- » Teamwork makes the impossible possible



As Henry Ford once said...“Coming together is a beginning, staying together is progress, and working together is success.”

In closing – sunshine, warmth, bright smiles and happy thoughts are my wishes for you this wonderful summer season!

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 recess for the summer months (June, July, August) and reconvene in September 2023.

The **Pleasure Guild's** next meeting will be held on Thursday, June 1st at 1:00 p.m. at Robin's Nest Tea Room in Jackson. Bus leaves the Friends Center parking lot at 11 a.m. (sharp) and will return by 3:30 p.m.

The **Pediatric Guild** will not meet in June, however, are scheduled to meet during the month of July with installation of officers at that time.

The **Hope Guild's** next meeting will be on June 9th at 11:30 a.m. at Giovanni's in Lucasville, which is located at 10689 US-23 in Lucasville.

The **Kardia Guild** will meet on June 15th at 12:00 p.m. at Wolford's Landing in Sciotoville. Installation of officers will be observed at this particular meeting.

The **Service Guild** will meet on June 21st at 12:00 p.m. at the Volunteer Office, which is located in the Waller Bldg., Suite 204A.

## Guild Fundraising

The popular "Sweet Shop Sale" will return on June 14th - 15th from 7:30 a.m. - 4 p.m. (both days) in the ED/Waller Corridor. This fabulous sale offer delicious Cinnamon Rolls, Cookies, Candy and of course, Jet's Popcorn! The perfect gift for Dad's special day (Father's Day), weekend get-togethers or simply a treat for yourself to enjoy!

The Pediatric Guild will host their popular "Simply M Boutique" Sale on June 26th - 27th from 8 a.m. - 4 p.m. (both days) in the ED/Waller Corridor. This exciting sale offers trendy boutique style clothing at an affordable price!

## Did You Know...

Many years ago in England, pub frequenters had a whistle baked into the rim or handle of their ceramic mugs. When they needed a refill, they used the whistle to get service, "wet your whistle" is the phrase inspired by this practice.

## Have You Completed Your Volunteer Required Education?

If you have not yet completed your required annual training packet forms please review and return the TB Questionnaire, Acknowledgement & Receipt and Student/Non-Employee Acknowledgment Form as soon as possible to the Volunteer Office so that all volunteer information is up-to-date and in compliance for the year. If you should have any questions please feel free to contact the Volunteer Office at 740-356-8234.

## Volunteers in Action

*"Everyone has the power for greatness, not for fame but for greatness, because greatness is determined by service."*



Eloise White – Kardia Guild Scrub Sale



Sandy Murta & Dottie Riddlebarger – Hospice T-Shirt Sale



Linda Crabtree - Warehouse



# TRAINING



## Gift Gallery Training Scheduled

On Thursday, June 22nd an annual training session for volunteers that are assigned to SOMC's Gift Gallery will be held at 11:00 a.m. at the shelter house at Wolford's Landing Campground (6888 E. Front Street - Sciotoville). This particular meeting will review changes in procedures, along with highlighting various updates geared towards the Gift Gallery. The Volunteer Office will be contacting those particular volunteers to schedule in advance.



## Jr. Volunteer Orientation Slated

Junior Volunteer orientation will be held on June 7th from 9:00 a.m. until 11:00 a.m. at the Shelter House at Wolford's Landing Campground, which is located at 6888 E. Front Street in Portsmouth. The second day of training, also at Wolford's Landing Campground will take place on June 9th from 9:00 a.m. until 10:00 a.m. (Casual attire may be worn during both days) Please keep in mind that you

must be present for both days of orientation. The Junior Volunteer uniform once volunteering commences will consist of navy or khaki knee-length walking shorts and a white, navy or red polo shirt with comfortable shoes and socks. If you have any questions concerning the Summer Junior Volunteer program or to RSVP, please contact the Volunteer Office at (740) 356-8234.

## June Birthdays

6/1	Belinda Dingess	6/10	Dorothy Riddlebarger	6/23	Donna Gregory
6/3	Catherine Del Valle	6/13	Jessica Evans	6/23	Sue Ellen French
6/3	Elizabeth Payne	6/17	Russell Shaw	6/24	Kenny Sanderlin
6/3	Joyce Payton	6/19	Megan Gleadle	6/27	Ruth Ann Logan
6/5	Alicia Liu	6/20	Jennie Stepp	6/29	Sandy Cable
6/8	Lainie Johnson	6/21	Kathy Arnett	6/29	Debbie Morgan
6/10	Rosalee Greene	6/21	Tami Davis		

## New Volunteers

Alica Hudcovova  
Katelyn Sexton  
Hayden Spears  
Haylee Stone

# Volunteer Services to Recognize National Safety Month

## THINK SAFE | ACT SAFE | BE SAFE

Safety is important year-round, however with National Safety Month observed in June, Volunteer Services has designated the week of June 12 – 16 to increase awareness of health and safety risks to decrease injuries and health-related events among their volunteers. This particular week will be filled with educational and enlightening activities that you are sure to find not only beneficial, but enjoyable as well. On the agenda...

### June 12 | Trip, Slip, Fall –

#### Avoid Them All Bingo @

Wolford's Landing

Let's play Bingo with a safety twist that you are sure to enjoy while reinforcing how to avoid them all! Contact Volunteer Office to RSVP.

### June 13 | Don't Croak – Prevent Heat Stroke

Volunteer Services will be giving out the cutest decorated frog sugar cookies (thank you Jet's) and informative literature to volunteers who stop by the office during this particular day!

### June 14 | Don't Let Phishing Take Your Bait – Guarding yourself against virtual crime

Stop by the Volunteer Office and partake in the "Gone Phishing Bait Bar," where not only will you "snag" great info on keeping yourself safe from virtual crime, you will also be "hooked up" with some tasty treats too!

### June 15 | Color Me Safe

Home Safety informative/Coloring Books will be available to all volunteers!

### June 16 | It's Not the Destination it's the Journey – Road Trip Tips | Curbside Event @ Wolford's Landing

Be sure and stop by Wolford's Landing from 11am – 1pm for beneficial tips when planning your summer vacation, along with a swag bag filled with "road trip" snacks, as well as the opportunity to be entered into a drawing for a Roadside Car Emergency Kit.

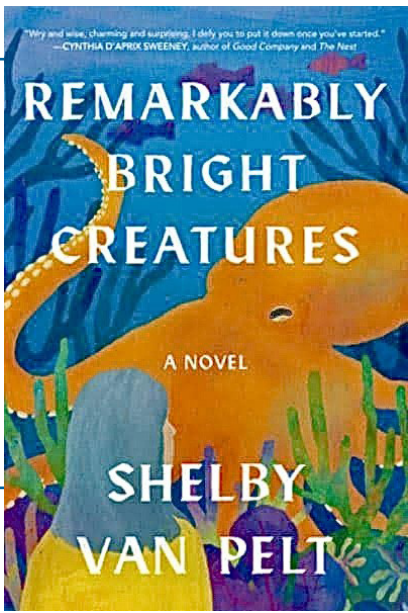
## Summer Reads

June is the perfect month to sit at the beach, or on the porch and read a real page-turner. Therefore following are the top five titles that have been enjoyed by the "Volunteer" book club, a group comprised of SOMC volunteers that you just might enjoy. Yes, these titles are so good, you might not want to put them down -- so be sure to have extra sunblock on hand! If you are interested in obtaining further information regarding the club, just contact the Volunteer Office for details!

- » **The Last Thing He Told Me** – by Laura Dave. A fast-moving, heartfelt thriller about the sacrifices we make for the people we love most.
- » **Rock Paper Scissors** – by Alice Feeney. Marriage has never been so disturbing...or so compelling. A staggering novel filled with tension, suspense, and an ending that will leave you flabbergasted. You think you know where it's going, but you have no idea.
- » **The Secret to Hummingbird Cake** – by Celeste Fletcher McHale. A story filled with love, friendship and learning to hold on even when life is hard; but it is also about letting go.
- » **The Overnight Guest** – by Heather Gundenhauf. An isolated farmhouse, a deadly snowstorm, and a small child found in the snow—those are the ingredients for an up-all-night thriller. Scrupulously plotted and layered with multiple narratives that culminate in some explosive surprises!
- » **The Last Mrs. Parrish** – by Liv Constantine. A wonderfully clever story, filled with suspense and a shocking twist that will keep you turning the pages!







## Volunteer Book Club

The book chosen to discuss in June is "Remarkably Bright Creatures" by Shelby Van Pelt. We are scheduled (weather permitting) to discuss the title on June 17th at 1:00 p.m. at Wolford's Landing. If you are planning to attend please contact the Volunteer Office at 740-356-8234 to RSVP.



## See You @ The Movies

On May 5th it was a wonderful afternoon with volunteers, popcorn and a great movie (80 for Brady)!



# What's on the Menu

## Almond Joy Oatmeal

*This particular oatmeal offers four basic ingredients found in an Almond Joy Candy Bar – Chocolate, Coconut, Almonds and Happiness! Yes, happiness is an important ingredient too! Therefore if you too need a taste of vacation about now, you just might want to go “Tropi-Calling” too!*

### Ingredients

- » 1-1/2 cups milk
- » 1-1/2 cups water
- » 2 cups quick oats
- » 3/4 cup coconut
- » 1/2 cup sliced almonds
- » 1/4 cup packed brown sugar
- » 1 teaspoon almond extract
- » 1 teaspoon coconut extract
- » 1/2 teaspoon salt
- » Mini chocolate chips, for serving



Bring the milk and water to a boil in a large saucepan. Once the liquids boil, reduce the heat to low. Add the oats and then stir in all other ingredients, except the chocolate chips and continue stirring and cooking for 1-2 minutes, until oats are done and oatmeal is thickened to your liking. (If you're not quick about adding the ingredients, you can turn the stove off as you add the final items, so that your oatmeal doesn't get too thick, or you can add just a little more milk to thin the consistency to your liking.). Serve mini chocolate chips sprinkled on top of each serving.

## SOMC Guild President's Meeting Returns

When COVID ceased opportunities to gather, the SOMC Guild President meetings were suspended as well. However, on May 1st our biannual Guild President meeting with SOMC CEO & President returned, and as always, a great experience for five of the six guild presidents who were able to attend. Working together, staying informed and collaborating ideas always ensures how beneficial these particular meetings prove to be. L-R: Jenny Lavender-Volunteer Mgr/Guild Coordinator, Karen Wood-Kardia Guild, Linda Browne-Scioto Guild, Sandy Cable-Hope Guild, Megan Gleadle-Pediatric Guild, Mary Moore-Pleasure Guild, and Ben Gill-SOMC CEO/President.



## ANNOUNCEMENTS

- » Annual Volunteer Education – Return Documentation ASAP
- » Summer Jr. Volunteer Program Begins – June 12
- » Volunteer Safety Awareness Week – June 12-16
- » Volunteer Book Club – June 17 – 1pm
- » Father's Day – June 18
- » Gift Gallery Training – June 22 – Wofford's Landing Campground
- » 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](mailto:lavendej@somc.org)



# Take the Challenge

Look at the chart below and say the COLOR of the word, not the word itself.

**YELLOW BLUE ORANGE**  
**BLACK RED GREEN**  
**PURPLE YELLOW RED**  
**ORANGE GREEN BLACK**  
**BLUE RED PURPLE**  
**GREEN BLUE ORANGE**

Why is it so difficult? The right half of your brain is trying to say the color, while the left side of your brain is trying to say the word!

# SOMC Earns “A” Safety Score from Leapfrog Group

We are proud to announce Southern Ohio Medical Center recently achieved the honor of a “Straight A” status from Leapfrog Group. This is the tenth consecutive “A” score SOMC has earned from The Leapfrog Group. SOMC is one of only 171 hospitals nationwide to receive this rating and only one of seven in Ohio to have received an “A” since 2018. The Leapfrog Hospital Survey is the gold standard for comparing hospitals’ performance on national standards and assigns “A,” “B,” “C,” “D,” or “F” grades to nearly 3,000 hospitals in the United States. In addition to earning a Hospital Safety Score of “A,” SOMC also received scores that surpassed state and national averages in quality measures, including those for surgery, medication safety and more. To see The Leapfrog Group’s report, please copy type in the following link into your browser: [www.hospitalsafetygrade.org](http://www.hospitalsafetygrade.org)

# Volunteer Celebrate National BBQ Month - Curbside

At the May 11th volunteer curbside event at Wolford’s Landing Campground, it was BBQ for our Volunteers - because SOMC Volunteers “Believe in the Best Qualities” in volunteering!







## Night Watch

*The following story will truly help us to grasp that it was our Dads who taught us to live responsibly, to face difficult situations with courage and dignity, and to make uncomfortable sacrifices if they can possibly help others. On Sunday, June 18, let's honor our fathers – living and deceased – as role models, mentors, counselors, and the men who gave so much of themselves to make our own lives more fulfilled.*

A nurse took the tired, anxious serviceman to the bedside of one of her patients. "Your son is here," she said to the older gentleman. She had to repeat the words several times before the patient's eyes opened. Heavily sedated because of the pain of his heart attack, he dimly saw the young uniformed Marine standing outside the oxygen tent. He reached out his hand. The Marine wrapped his toughened fingers around the old man's limp ones, squeezing a message of love and encouragement. The nurse brought a chair so that the Marine could sit beside the bed. All through the night the young Marine sat there in the poorly lighted ward, holding the old man's hand and offering him words of love and strength. Occasionally, the nurse suggested that the Marine move away and rest awhile. He refused. Whenever the nurse came into the ward, the Marine was oblivious of her and of the night noises of the hospital – the clanking of the oxygen tank, the laughter of the night staff members exchanging greetings, the cries and moans of the other patients. Now and then she heard him say a few gentle words. The dying man said nothing, only held tightly to his son all through the night. Along towards dawn, the old man quietly passed away. The Marine released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited. Finally, she returned. She started to offer words of sympathy, but the Marine interrupted her, "Who was that man?" he asked. The nurse was startled, "He was your father," she answered, almost incredulously. "No, he wasn't," the Marine replied. "I never saw him before in my life." "Then why didn't you say something when I took you to him?" "I knew right away there had been a mistake, but I also knew he needed his son, and his son just wasn't here. When I realized that he was too sick to tell whether or not I was his son, I knew how much he needed me. I came here tonight to find a Mr. William Grey. His son was killed in Iraq today, and I was sent to inform him. What was this gentleman's name?" The nurse with tears in her eyes answered, "Mr. William Grey ..." The next time someone needs you ... just be there. Stay.

## 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)

## 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](mailto: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!