

Friend Friend

VOLUNTEER NEWSLETTER
JANUARY 2023

Sean Ison - Gift Gallery



A Note from Jenny

Happy New Year to all of our wonderful and dedicated volunteers! Here's hoping that you had a wonderful and enjoyable holiday season and now find yourself looking forward to the New Year! It is so hard to believe how fast time and seasons have flown, and with the cold weather slowly creeping towards us, we know the mild winter we have been experiencing won't last forever, as we will soon be shoveling the beautiful, white snowflakes soon. Therefore with this in mind, please keep in mind that if the weather presents traveling issues, please stay home. However, I do ask that you contact the Volunteer Office (740-356-8234) and let us know you will not be here for your shift, as your safety is a priority and we just want to know you are safe.

As we all can agree, communication is of utmost important for our service, and with that, our volunteer newsletter definitely gives us the opportunity to keep you informed about important information within the SOMC organization, volunteer activities and inspirational entertainment. In regards to the newsletter I invite you to send in any

articles or topics for which you would like to see highlighted and/or poetry and stories too. It could also be as simple as a favorite recipe, or writing in regards to a fellow volunteer who has truly inspired you. Yes, your input is important and very much appreciated!



In closing, Happy New Year wishes to you, my caring and compassionate volunteers for this 2023. May good fortune, always forever thrive, prosperity and joy, with much happiness too, packed in this special thought I send to you. You're wished the joy of the whole world today, ever ending wishes are surely sent your way each day all the year, 365 days - January to

December. You're wished the best ever, but many times over, even the wishful thought, of a four leafed clover. May all your days will be bright and never go wrong, rainbow joy, New Year Magic, 365 days long!

Jenny Lavender, Mgr.
Volunteer Services

January Birthdays

- 1/1 Brandon Grayson
- 1/9 Hannah Thacker
- 1/9 Elaine Litten
- 1/13 Peyton Hurn
- 1/14 Teklit Kahsu
- 1/15 Diane Applegate
- 1/17 Patsy Hall
- 1/18 Joyce White
- 1/20 Jo Kennedy
- 1/25 Delilah Redmon
- 1/31 Ellen Devins

New Volunteers

- Kelsey Weaver
- Ashley Chamberlin
- Allison Vallance
- Paige Remy
- Brett Walker

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** will not meet in January, as meetings will resume again in February 2023.

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

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

The **Pediatric Guild's** next meeting will be on January 11th at 12:00 p.m. Location TBA.

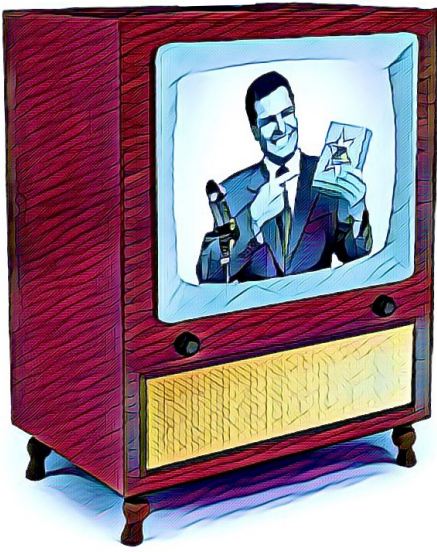
The **Service Guild** will not meet in January and February, as meetings will resume again in March 2023.

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



Oh, Christmas Tree

Many thanks to our SOMC Hope, Kardia, Pleasure and Scioto Guilds, as well as volunteers John Jones and Fiona McKee for decorating various Christmas Trees throughout SOMC, as well as our off-site locations! You all did a fabulous job!



Chasing the Cure on Cable TV

Jeannine Brown -
SOMC Volunteer

As the years upon us grow
You'd think we'd not
have so much woe.
But aches and pains
can make us hazy
Pile upon, and drive us crazy!

Whatever's causing you distress...
A paid TV Spokesperson
can address.
Just what you need to overcome
From a throbbing back
to a twisted thumb!

Where can we go –
what can we get
The answer's in our TV set.
No way out that you can see?
Don't give up – just watch TV!

Have a headache don't you fret
Why Serena's just across the net.
Take what she sells and

soon you'll find,
You'll soon have left
that ache behind.
Fast relief is what you'll get,
That makes you want
to jump the net.

Do those sneaky pounds
add to your weight?
And upon your thighs
accumulate?
Marie Osmond's got the
plan, to halt expansion
Slim you down and bring elation.
She's always full of helpful tips
To help you keep your
shapely hips.

Need help with your Medicare?
Joe Namath's the answer
to your prayer.
J.J.'s right there beside Dear Joe,
To show you the
perfect way to go.
Just call a number,
explain your deal
Joe & J.J. will reveal
The way to make you celebrate,
Immediately all your
confusion does abate.
Need a Reverse Mortgage now?
Magnum P.I. tells you how.
Just fill out a simple app
Problems solved within a snap.
He'll reveal a plan
that will delight
Fix you up and set you right.
Mortgage problems disappear
And you are no more in arrears.

Find a little touch of gray
Within your crowning glory?

You just need a little tip
From helpful Eva Longoria
A shampoo and rinse
will do the trick
Restore your hair to
dark and thick!

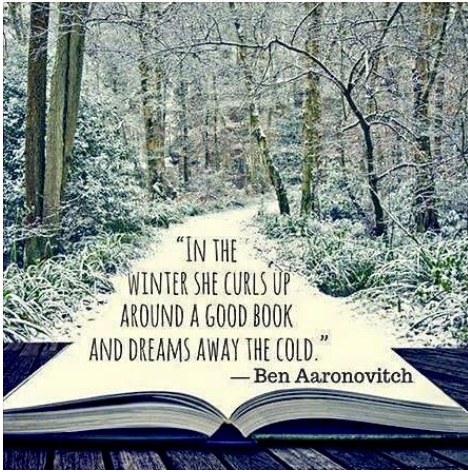
A pain in your head, knee or back
Can quickly put you out of whack.
But crooner Pat Boone
– Man of the Hour,
Will lead you to a walk-in shower.
A little soak will soon create
Blessed relief that takes the cake.
All your ills will soon be gone
You'll want to run a Marathon.

Do you have a toenail fungus?
There is quite a lot among us.
Put your TV on Channel 2
An athlete or starlet
will steer you to,
A healing salve with lard or soy
To fill your toes with lasting joy.

Regardless of your diagnosis
That same athlete or starlet
will make a prognosis,
Recommend exactly what to take
To relieve most any pain or ache.
Did you ever think we'd eliminate
The doctor's visit and
the office wait?

We can survive – we have it made
As long as our TV Cable's paid!

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.



Friends Never Say Goodbye...

Sadie truly had the best time spending the holiday season with our SOMC volunteers. However, on Christmas Eve she headed back to the North Pole – but not without leaving the following note:

To My Volunteer Friends,

The last few weeks have been so much fun,
But I'm sad to say, that my job here is done.
Santa's special list is ready to sort,
So it's time for me to return for my final report.
I can't wait to visit again next year,
But now is the time that I disappear.
Remember to remain kind and true,
Showing kindness to all – which is what you do!

XOXO,
Sadie Snowflake, SOMC Volunteer Elf

Volunteers in Action

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



Kardia Guild – Christmas Luncheon



Amy Sopchak – Pediatric Guild Christmas Activity for Pediatric Associates.

ANNOUNCEMENTS

- » Volunteer Office & Gift Gallery will be closed January 1 – 2 in observance of the New Year holiday
- » Volunteer Reading Challenge begins January 3 – February 28
- » Volunteer Afternoon Movie – January 20 – 1pm – Portsmouth Public Library’s Meeting Room
- » Hot Chocolate Kind of Day – January 31 – 10am to 12pm – Volunteer Office
- » Annual Volunteer Education – packets mailed February 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.
- » 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

Grilled Cheese Croutons

If you too are one to dunk your sandwich in your soup, you are going to love these croutons, as they are crispy, cheesy and guaranteed to be that simple touch that will make all the difference!

- » 4 (1/2-inch-thick) slices country white bread
- » 2 tablespoons butter melted
- » 4 ounces Gruyere cheese grated (or your favorite cheese)

Heat a Panini grill or a skillet over medium heat, then place the bread on a cutting board and lightly brush the top of each slice with melted butter, being sure to butter all the way to the corners. Turn the slices over and pile grated cheese on 2 of the slices, then place the remaining 2 slices of bread on top of the Gruyere, buttered sides up. Cook the sandwiches on the Panini grill or in a skillet for about 5 minutes total, flipping once if using a skillet, until nicely browned on the outside and melty and gooey on the inside. Next, transfer the sandwiches to the cutting board and let rest for 1 minute. Then cut the grilled cheese sandwiches into approximately 1-inch croutons. Lastly, dunk them into your soup, being mindful that if you don't care for soggy grilled cheese, you're going to want to add just a couple croutons at a time to your bowl of tomatoey goodness.



A Hot Chocolate Kind of Day!

On January 31st volunteers are invited to cozy up with a delicious cup of Hot Chocolate to celebrate National Hot Chocolate Day! Simply stop by the Volunteer Office (Waller Building, Suite 204A), between 10am – 12pm as we celebrate a day devoted to our favorite chocolate beverage!



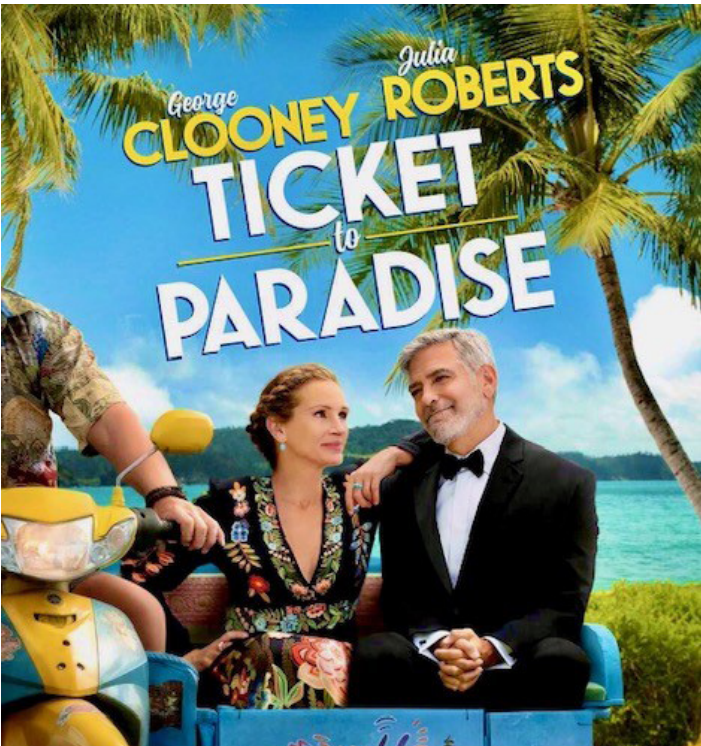
A Shopping We Will Go

With special thanks to SOMC's Transportation Services, this year we were able to resume our annual holiday shopping trip for our Volunteers, giving them the perfect opportunity to shop for Christmas at the Huntington Mall, while having fun along the way! These photos truly show that a wonderful time was had by all!



Did You Know...

Throughout the year, visitors to Times Square in New York City write their New Year's wishes on pieces of official Times Square New Year's Eve confetti. At the end of the year, the wishes are collected and added to the one ton of confetti that showers the crowd gathered in Times Square in celebration of the New Year.



Movie Matinee Coming Soon

On Friday, January 20th at 1:00 p.m., it's a "Movie Matinee" complete with soda, popcorn and no admission fee! Yes, we will be showing "Ticket to Paradise" starring Julia Roberts and George Clooney who team up as exes who find themselves on a shared mission – to stop their love-struck daughter from making the same mistake they once made! This particular movie event will be held at the Portsmouth Public Library (meeting room). If you find yourself interested in attending this fun and entertaining get-together, please contact the Volunteer Office at 740-356-8234 and reserve your seat, as space is limited.

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. So, it is very important to have the most up-to-date information on our volunteers – that 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!

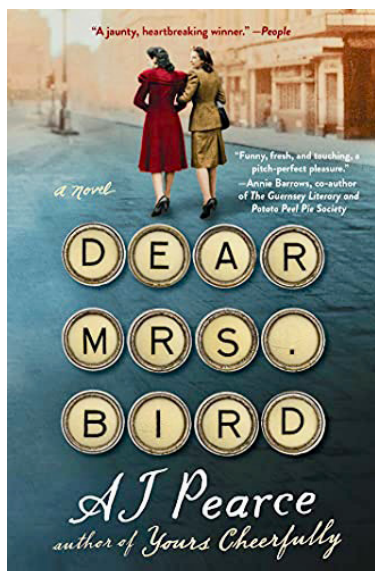
Life Is A Book

Life is a book in volumes three
The past, the present, and the yet-to-be.
The past is written and laid away.
The present we're writing every day.
And the last, and best of volumes three –
Is locked from sight – God keeps the key.

May this year bring new happiness,
new goals, new achievements,
and a lot of new inspirations!

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 1st, 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.



Volunteer Book Club

The book chosen to discuss in January is “Dear Mrs. Bird” by JA Pearce, and we are scheduled to discuss the title on Saturday, January 21st at 1:00 p.m., at the Loft’s Coffee Company & Roastery. For further information or to RSVP, please contact the Volunteer Office at 740-356-8234.

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!