

# Friend Friend

## VOLUNTEER NEWSLETTER MARCH 2024



Lydia Bell & Jan Martin – Pleasure Guild, pictured with Jet Jenkins – Jet's Gourmet Popcorn & Sweets fundraising sale

### A Note from Jenny

Does the saying “tell me a story,” sound familiar – and have you ever found yourself hearing these words out of the grandkids? Been there done that, to my grandmother, and when my grandkids were young, always asking for a story. Come to think of it, this saying also brings to mind a little song my grandmother taught my brother, sisters and I when we were young. The title actually was “Tell Me a Story” followed not long by, “what made the chicken sneeze?” To this day I have never forgotten this cute little song.

Seeing that we are on the topic of stories, here is one I will share with you – a “she said, he said” conversation heard in a “volunteer world”

“How can I be of help?” she asked, “I have a good idea,” he said, “Here, hold my hand,” she suggested, “We’ll do it together,” they offered.

“We’ll be right here until it’s done.”

“Let’s do it this way, it’s more fun!”

“It’s what we’re here for its no fuss.”

“Call us back if you should need us.”

“She needs our help, God bless her heart.”

“Oh, I’m just glad to do my part.”

“Walk with me, I’ll show the way.”

“Goodness no, I don’t want pay.”

“You can do it, I’ll show you how.”

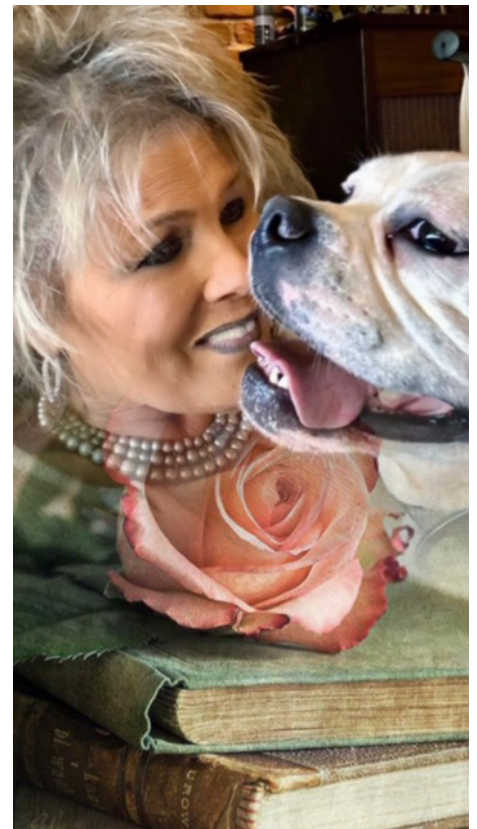
“You need it when? I’ll do it now.”

“If you need anything I’m right here.”

“Who am I? A volunteer.”

In closing, always remember that stories shared leave a lasting impression and are more valuable than any purchased gift. As always, thank you so much for what you do – as with a story, you too are more valuable than you can ever imagine!

“Tell me a fact and I’ll learn. Tell me a truth and I’ll believe. But tell me a story and it will live in my heart forever.” – Native American Proverb



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's** next meeting will be held on Wednesday, March 6th at 10:30 a.m. at the home of Donna Chabot.

The **Pleasure Guild's** next meeting will be held on Thursday, March 7th at 1:00 p.m. at Gatti's, which is located at 1658 – 11th Street in Portsmouth.

The **Hope Guild's** next meeting will be on March 8th at 11:30 a.m. at Gatti's, which is located at 1658 - 11th Street in Portsmouth.

The **Pediatric Guild's** next meeting will be held on March 13th at 12:00 p.m. – Location TBA.

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

The **Kardia Guild** will meet on March 21st at 12:00 p.m. at Giovanni's in Lucasville, which is located at 10689 US 23 in Lucasville.

## Volunteers in Action

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



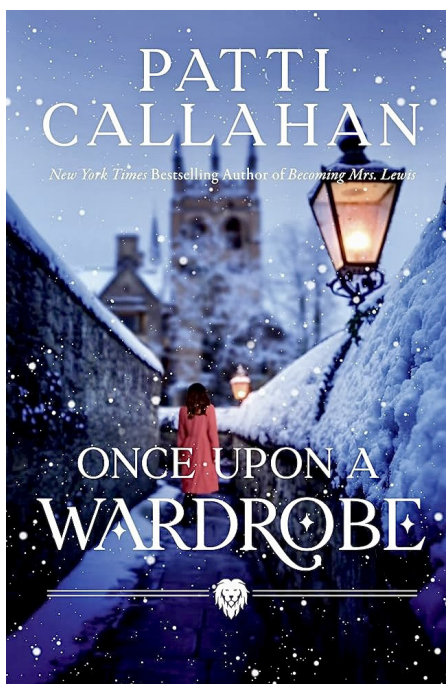
Diane Dalton – Same Day Surgery



Elaine Litten – Pleasure Guild Masquerade Fundraising Sale



Pediatric Guild February Business Meeting (Galantines theme) –



## Volunteer Book Club

The book chosen to discuss in March is “Once Upon A Wardrobe” by Patti Callahan, and we are scheduled to discuss the title on March 16th at Hill View. For further information please contact the Volunteer Office at 740-356-8234.



# TRAINING



## Annual Volunteer Education Scheduled for February

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 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.

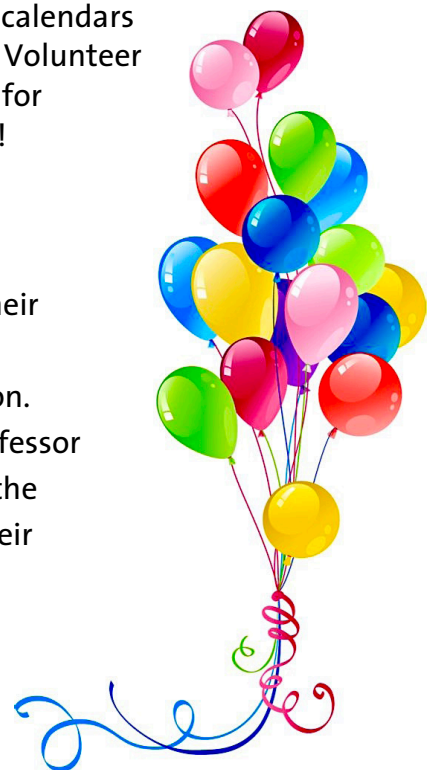


## Leprechaun Treats For Someone Sweet!

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 a few days early 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 15th and stop by the Volunteer Office/Gift Gallery from 10am – 12pm for a St. Patrick's Day inspired confection!

## Finding Your Balloon

A professor gave a balloon to every student, who had to inflate it, write their name on it and throw it in the hallway. The professor then mixed all the balloons. The students were then given 5 minutes to find their own balloon. Despite a hectic search, no one found their balloon. At that point, the professor told the students to take the first balloon that they found and hand it to the person whose name was written on it. Within 5 minutes, everyone had their own balloon. The professor said to the students: *“These balloons are like happiness. We will never find it if everyone is looking for their own. But if we care about other people's happiness, we'll find ours too.”*



# What's on the Menu

## Coconut Carrot Bread

*This quick bread has all the flavors of a carrot cake in addition to coconut, making this a most tasty and moist bread with a cream cheese glaze. Simply make it, bake it and enjoy all in about an hour! Seeing this is loaded with carrots and coconut – I think it is acceptable to eat this scrumptious bread for breakfast – right? LOL*

### Ingredients

- » For the bread:
- » 1/2 cup oil
- » 1/2 cup brown sugar
- » 1/2 cup sugar
- » 2 eggs
- » 1 teaspoon coconut extract
- » 1/2 cup sour cream
- » 2 small jars baby food carrots
- » 1 cup sweetened coconut
- » 1 teaspoon cinnamon
- » 1/2 teaspoon nutmeg
- » 1/4 teaspoon cloves
- » 1/2 teaspoon salt
- » 1 teaspoon baking powder
- » 1/2 teaspoon baking soda
- » 1 1/4 cups flour

Preheat oven to 350 degrees and grease and flour a 10” loaf pan. In a large bowl, combine all the ingredients for the bread. Mix well and pour the batter into the prepared pan. Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out clean. Allow loaf to cool for 5 minutes in the pans and then remove and cool completely. Once cooled, frost with Cream Cheese Frosting and garnish loaf with toasted coconut.



### For the Glaze

- » 2 ounces cream cheese, softened
- » 1/4 teaspoon rum
- » 1 cup powdered sugar
- » 1 Tablespoon milk
- » 1/4 cup toasted coconut

In a bowl, combine cream cheese, powdered sugar, rum and milk. Mix with mixer until light and fluffy. Garnish with toasted coconut.

## 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!





## Gearing Up For Summer Jr. Volunteers

Summer Jr. Volunteer packets will be available in the Volunteer Office for interested students who are ages 16-18 beginning April 1, 2024. This exciting program provides an array of opportunities for students to learn about healthcare careers while learning from our staff and also, alongside the best volunteers in town! The SOMC Summer Jr. Volunteer program begins on June 10th and will conclude on August 2nd. 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.

## March Birthdays

3/3 Nancy Casey  
3/3 Lilly Madden  
3/5 Alice Spriggs  
3/5 Matthew Nelson  
3/6 Willa Tanner  
3/6 Donna Rose  
3/8 Carolyn Applegate  
3/8 Cindy Vetter  
3/11 Florence Crump  
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  
3/29 Sarah Stonerock  
3/29 Kolton Bauer

## New Volunteers

Tom Greene  
Tamara Ratliff  
Logan Remington



## Did You Know...

Jelly beans were first introduced as an Easter treat in the 1930s, and Americans consume over 16 million jelly beans during this particular holiday. That's enough jelly beans to circle the globe not one, not twice, but three times – or to fill a plastic egg the size of a nine-story building!

## 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
- » If you have received any updated booster/bivalent for COVID, please text or email a snapshot of your updated COVID Vaccination Card to Jenny Lavender or stop by the office. An updated booster is not required, however we are still tracking vaccination data.
- » Annual Volunteer Education – Return Documentation by April 1
- » Volunteers are being sought for the following departments: Gift Gallery, Heart & Vascular, Human Resources and Hospice. If you are interested in obtaining further information regarding the mentioned areas, 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.
- » Leprechaun Treats for Someone Sweet – March 15, 10am – 12pm – Volunteer Office/Gift Gallery
- » Volunteer Book Club – March 16 @ Hill View
- » Volunteer Week coming soon – April 21-27
- » 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)



## 10 Healthy Tips for National Nutrition Month

Since March is National Nutrition Month – what better way to celebrate and spread awareness around the importance of nutrition than now? Following are some tips you can start implementing in your daily lives, ways to achieve your goals, and how you can start incorporating healthy habits with food, today.

### **Tip #1: Eat Breakfast**

It's important that your breakfast include lean protein, whole grains, and a combination of both fruits and vegetables.

### **Tip #2: Keep Those Tempting Foods Out of Your House**

The key here is self-control, but if you can't practice self-control for certain types of foods, then it's important to leave them at the grocery store and only eat them when you go out to lunch or dinner. This goes for sugary beverages as well.

### **Tip #3: Make Half Your Plate Fruits and Veggies**

Start incorporating 2 cups of fruit and 2-1/2 cups of veggies in your diet daily

### **Tip #4: There's a Difference Between a Snack and a Treat**

A snack is meant to help your body sustain hunger and energy from one meal to the next. Treats should be viewed as more of a reward. While it might be easier to grab a few powdered donuts, choosing a healthy snack is crucial to keeping you full and nourished longer. Instead of whatever your typical go-to unhealthy snack is, try replacing them with some of these...

- » A handful of nuts and low-fat string cheese
- » Hard-boiled eggs and fruit
- » Plain Greek yogurt (it can be tasty if you add in fruit)
- » Peanut butter (or nut butter) and an apple
- » Raw veggies and cottage cheese or hummus

### **Tip #5: Watch Your Portion Sizes**

It's time to get out those measuring cups! Start measuring your food to get an idea of what a healthy portion looks like. Once you have it down, just remember that half of your plate should consist of fruits and veggies, and the other half 25% lean protein and 25% grains

### **Tip #6: Eat Seafood 2 Times A Week**

Seafood is a great source of healthy Omega-3 fatty acids and has huge impacts on your cardiovascular health, according to the American Heart Association. Eating one serving (3-1/2 ounces of non-fried fish, twice a week can help you prevent heart disease, stroke, heart failure, and several other life-threatening heart illnesses.

### **Tip #7: Drink Water and then Drink Some More**

Hydration plays a massive role in your body and skin. Don't know how much water to drink? Try the 8x8 rule (8 glasses x 8 ounces of water a day = a minimum of 64 ounces a day).

### **Tip #8: Get Physically Active**

If you are not one to exercise, just start with 10 minutes each day! Whatever exercises you can start doing, make an effort to try something today!

### **Tip #9: Practice Mindful Eating**

It is important to stop eating when your body is full. Practice mindful eating by sitting down to eat instead of eating in a rush.

### **Tip #10: Consult with a Registered Dietitian**

Creating healthy eating patterns is the key to maintaining optimal health and lowering your risk of disease. We all have to start somewhere and taking just one step every day will get you closer to your goal.



## Valentine/Volunteer Day Celebrated

On Wednesday, February 14th we celebrated our Valentines/Volunteers with delicious decorated “heart-shaped” sugar cookies to recognize the occasion – volunteering after all, is an act of love!



## Valentine Contest Winner Announced

Congratulations to Marilyn Warner – our Volunteer Valentine Contest Winner! Marilyn correctly answered all 25 questions to last month’s Valentine Candy Trivia Contest and was the name drawn from all correct entries submitted to receive a delicious heart-shaped box of Russell Stover Chocolates! Many thanks to all volunteers who participated!





## Donation Made to SOMC Maternity

We are so appreciative of all of our wonderful guilds at SOMC, as we are fortunate to have six (Hope, Kardia, Pediatric, Pleasure, Scioto and Service). The Kardia Guild recently made a generous donation to the Maternity Department, with the purchase of onesies corresponding with the holidays (Valentine, Leap Year, St. Patrick's Day, Easter, 4th of July, Halloween, Thanksgiving, Christmas). The first baby born on each holiday will be photographed sporting the new themed colored onesie that states "very cute babies are born here."



## AAA Volunteer Membership Program

Volunteer Services has arranged to provide our volunteers with discounted rates for membership in AAA. Your AAA membership will be effective May 31, 2024. For current members the discount represents a savings of \$5.00 for Classic Primary membership (normally \$58.00). New members will save an additional \$20.00 off new membership dues (normally \$78) because AAA is waiving the \$20 enrollment fee. Please note that you must reside within the AAA East Central (club 215) service area.

The annual open enrollment period ends March 8, 2024 (enrollment forms are available in the Volunteer Office). If you are already enrolled through this group program, your renewal is automatic and you do not need to complete an enrollment form. AAA will have a listing of each volunteer enrolled and their payment amount to the Volunteer Office by March 22, 2024. You will then be contacted regarding payment, as it will need to be submitted to the Volunteer Office by April 15, 2024. If you are already a member of AAA East Central (Club 215), AAA will simply extend your expiration date to May 31, 2025 and you will pay a pro-rated amount based on the discounted rates and retain the full number of years you have been a valued member of AAA. For further information or questions, contact Volunteer Services at 740-356-8234.

# Why Move From Transactional Volunteerism To a Person-Centered Partnership?

Volunteers are vital to an organization's mission, yet too many times the relationship is one-way or transactional, e.g., What can the volunteer do for the organization? Consider switching to a person-centered approach.

"The underlying difference between transactional volunteerism

and person-

Mortvedt,

Heartland

the goal is

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is mutually

"Having

beneficial

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to volunteer

Johnson, v

Person-

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in strong

loyalty and

participation

in the larger

issues the

organization

is combating.

"When we

invite them

to engage

more deeply

in our

mission to

'End Hunger

Together,'

they'll take

the conversation

on hunger

relief from

the volunteer

shift to the

dinner table,

to the voting

booths, to

their conversations

at the dog

park.

Volunteers

become our

best advocates,

speaking to

others in

their spheres

of influence

## Volunteer Newsletter Highlighted in Publication

The SOMC Volunteer Newsletter was highlighted in the March 2024 issue of the Volunteer Management Report. A national publication that offers practical tips, techniques, and practices to assist nonprofit leaders and professionals strengthen their volunteer programs and efforts within their organizations.

Johnson says a great starting place for shifting to a person-centered partnership is to examine your current volunteer opportunities and ask the question: Am I limiting my pool of potential volunteers with how we are currently presenting the opportunity? Mortvedt adds becoming a

to 'I live a lifestyle of comm...ment, which includes volunteerism but also advoc...y and neighboring?'" ♦

to 'I live a lifestyle of comm...ment, which includes volunteerism but also advoc...y and neighboring?'" ♦

to 'I live a lifestyle of comm...ment, which includes volunteerism but also advoc...y and neighboring?'" ♦

Sources: Bri Johnson, Volunteer Engagement Specialist, Second Harvest Heartland, Brooklyn Park, MN. Phone (651) 484-5117. Website: <https://www.2harvest.org>

Kelly Mortvedt, Volunteer Engagement Manager, Second Harvest Heartland, Brooklyn Park, MN. Phone (651) 484-5117. Email: [kmortvedt@2harvest.org](mailto:kmortvedt@2harvest.org). Website: <https://www.2harvest.org>

## VOLUNTEER COMMUNICATIONS PLATFORMS

# Your Volunteer Newsletter Can Do More Than Provide News

The Southern Ohio Medical Center (SOMC; Portsmouth, OH) newsletter, Friend to Friend, successfully engages, recruits and retains volunteers. The eight-page monthly publication goes out to active volunteers and SOMC staff via email and is also available in the SOMC Gift Gallery, main lobby waiting area and online.

Its purpose is to keep our volunteers engaged, informed and motivated," explains Jenny Lavender, manager, volunteer services, and guild coordinator. "With that in mind, it offers something for everyone." Content includes upcoming events and news, reminders, tips, recipes, contests, interactive opportunities and inspirational/motivational stories.

"Each issue also includes a note from myself reminding our

volunteers of their importance to the organization," notes Lavender, "as well as an abundance of photos in each issue that feature our volunteers."

The newsletter's content makes volunteers feel involved and a valuable part of SOMC, which helps with volunteer retention. It's also a great recruitment tool. "Individuals are amazed with everything we offer," says Lavender, "not just volunteer opportunities but with social interaction as well." ♦

Source: Jenny Lavender, Manager, Volunteer Services, and Guild Coordinator, Southern Ohio Medical Center, Portsmouth, OH. Phone (740) 356-8234. Email: [lavendej@somc.org](mailto:lavendej@somc.org). Website: <https://www.somc.org>





## Age By Chocolate

This is pretty neat how it works – definitely a cool version of math!!!

1. First of all, pick the number of times a week you would like to have chocolate (try for more than once, but less than 10)
2. Multiply this number by 2 (just to be bold)
3. Add 5. (for Sunday)
4. Multiply it by 50 (you may use a calculator here, if needed)
5. If you have already had your birthday this year ADD 1774. If you haven't ADD 1773.
6. Now subtract the four digit year that you were born.

You should have a three digit number... The first digit of this is your original number (how many times you want to have chocolate each week). The next two numbers are...YOUR AGE!! (Oh, YES it IS!!!) - Impressive, isn't it!



## A St. Patrick's Day Wish

Wishing you a rainbow  
For sunlight after showers—  
Miles and miles of Irish smiles  
For golden happy hours—  
Shamrocks at your doorway  
For luck and laughter too,  
And a host of friends that never ends  
Each day your whole life through!

## Guild Fundraising

On March 6th from 9:00 a.m. – 4:00 p.m., Jose Madrid Salsa will be hosting a fundraiser in the Waller/ED Corridor to support the Scioto Guild in their fundraising efforts. Jose Madrid Salsa offers 25 flavors of hand-crafted gourmet salsas and has won national awards in both the US and Canada. So whether you like hot and spicy, mild or a slightly sweet salsa, you are sure to find the flavor you love while supporting a great cause! Sale is open to all (Staff & Community). For further information please contact Volunteer Services at 740-356-8234.

On March 19th-20th the Pediatric Guild will host their popular Simply M Boutique Sale from 7:00 a.m. – 4:00 p.m. (both days) in the Waller/ED Corridor. This exciting sale offers trendy boutique style clothing at an affordable price, and is open to all (Staff & Community). For further information please contact Volunteer Services at 740-356-8234.

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## 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!