

Friend Friend

VOLUNTEER NEWSLETTER JULY 2024



Lydia Bell, Gift Gallery

A Note from Jenny

Wow, is it really already July?! I do hope you've had a chance to get out and enjoy the joys of summer! Speaking of summer, Volunteer Services has been quite busy this past month, and we also recently welcomed our new Summer Jr. Volunteers. During this time, and always, I would like to personally thank all of you for keeping your volunteer assignments running so smoothly, as this greatly benefits our patients, their families and our staff tremendously. There is no doubt that your continued dedication and commitment is truly invaluable! Please know that the time you give is a priceless gift that does not go unnoticed, as we honestly cannot say this enough: THANK YOU! As always, I am constantly amazed at how fortunate we are to have all of you as a part of our SOMC family!

By the way – while enjoying the summer months, add to your calendar “Volunteer Ice Cream Social” (July 19). Additionally, just a reminder to turn in your volunteer time, as your gift of volunteer hours is so appreciated by the hospital and we want to be able to say thank you properly when you achieve a milestone!

In closing, here's wishing you all the fun that the 4th of July holiday holds for you and your family, as no 4th of July celebration is complete without family, friends, fireworks and fun! Happy 4th to my amazing volunteers!

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 2024.

The **Pleasure Guild** will recess for the month of July and reconvene in August 2024.

The **Pediatric Guild** will meet on July 10th at 12:00 p.m. at Adam's Flying Pig Coffee House, which is located at 9107 Ohio River Road in Wheelersburg.

The **Hope Guild's** next meeting will be at Buffalo Wild Wings, which is located at 1611 Chillicothe Street in Portsmouth on July 12th.

The **Kardia Guild** will meet on July 18th at 12:00 p.m. in the Braunlin Conference Center – Room D. Members are asked to bring a sandwich and drink of their choice, and Eloise White (Hostess) will provide the dessert.

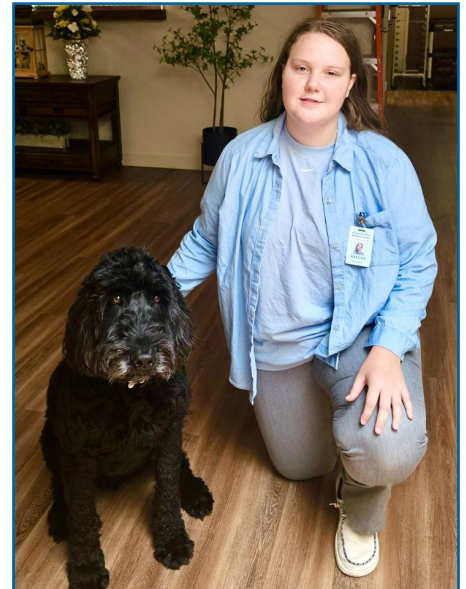
The **Service Guild** will recess for the summer months (June, July, August) and reconvene in September 2024.

Volunteers in Action

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



Rosalee Greene and Betty Applegate
with Stan Tackett (Jet's vendor)
– Scioto Guild Fundraising Sale.



Raegan Lavender & Ray –
SOMC Inpatient Hospice.

Have You Completed Your Volunteer Required Education?

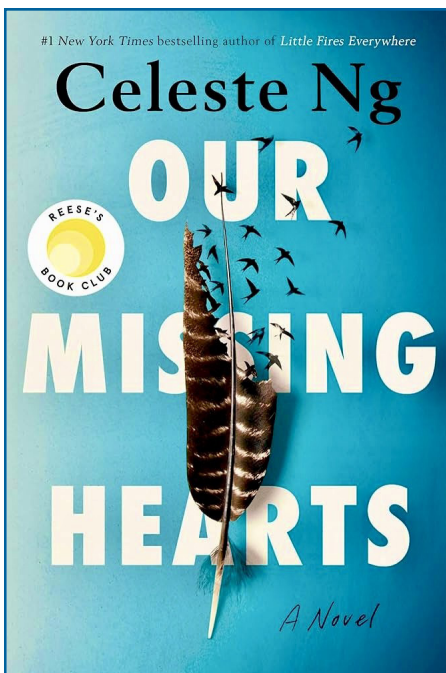
If you have not yet completed your required annual training packet forms please review and return the TB Questionnaire, Acknowledgement & Receipt and Student/Non-Employee Acknowledgment Form as soon as possible to the Volunteer Office so that all volunteer information is up-to-date and in compliance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

Have You “Liked” Us Yet On Facebook?

If you aren't already a fan of SOMC's Volunteer Facebook page, it's time to “like” us! We will be posting photos that are sure to make you smile, volunteer information, as well as new and exciting merchandise arriving to the SOMC Gift Gallery! Simply head to: <https://www.facebook.com/SOMCVolunteers/>

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Volunteer Book Club

The book chosen to discuss in July is “Our Missing Hearts” by Celeste Ng, and members are scheduled to discuss the title on July 20th at Wolford’s Landing Campground. If you are planning to attend please contact the Volunteer Office to RSVP at 740-356-8234.

July Birthdays

- 7/4 Noreen Hartard
- 7/5 Todd Preston
- 7/6 Glenna Arnett
- 7/8 Susan Martin
- 7/9 Linda Goodan
- 7/11 Margy Jordan
- 7/11 Wendell Bailey
- 7/13 Chloe Wright
- 7/13 Skeeter Smith
- 7/14 Wendi Waugh
- 7/17 Lynn Counts
- 7/19 Louise Austin
- 7/22 Brayden Yarnell
- 7/28 Kathy Blackburn
- 7/29 Delone Shabazz
- 7/30 Laura McCoy

Guild Fundraising

The Hope Guild will host their popular “shoe sale” at Scioto Shoe Mart July 15th – 20th from 10:00 a.m. – 7:00 p.m. each day at the store location (615 Harding Ave., Sciotoville).

NEW Volunteers

- Evie Royster
- Sherri Adams
- Mary Arnzen
- Claire Dettwiller
- Chloe Wright
- Ayden Albrecht
- Ellie Albrecht
- Beau Stephens
- Eliza Arthur
- Brady Schomburg
- Jayla McSweeney
- Raegan Lavender
- Madelyn Bach
- Claire Clevenger
- Kaitlyn Entler
- Allison Friend
- McKenna Jarvis
- Joanna Li
- Ty Logan



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 get-together is scheduled for Monday, July 29th from 5:00 – 7:00 p.m. 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 prior to the event, please phone 740-356-8234.

What's on the Menu

Red, White and Blue Cookie Bark

Definitely a fun and colorful treat to snack on while watching the 4th of July fireworks.

Ingredients

- » 1 lb. white chocolate, almond bark, melts or white chocolate chips
- » Oreos (about 15) - crushed
- » One-half cup of Red and blue M&M's (Be aware, more blue M&M's come in a package than red, about twice as many!)
- » One and one-half cup of pretzels, broken into pieces (small stick pretzels work great)
- » Patriotic sprinkles



Crush the Oreos and pretzels in a Ziploc using a rolling pin or mallet. Line a cookie sheet with waxed paper, letting some of the waxed paper hang over the sides. Place white chocolate in a microwave-safe bowl, and microwave for one and a half minutes, stirring every thirty seconds so it does not burn (white chocolate melts faster and burns easier than dark chocolate). Using a spatula spread the melted chocolate evenly over the waxed paper. You don't need to make it reach the sides and corners of the pan. Sprinkle cookies on top of melted chocolate then add M&M's and patriotic sprinkles. Let it set in the refrigerator for an hour. Lift the waxed paper out of the pan and break into small pieces. Store in an air-tight container - great for gift giving and picnics too!

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.
- » Volunteer Office & Gift Gallery will be closed on July 4 – 5 in observance of Independence Day
- » Annual Volunteer Education – Return Documentation ASAP
- » Volunteer Ice Cream Curbside Event @ Wolford's Landing – July 19, 11:30am – 1pm
- » Volunteer Book Club – July 20 – Wolford's Landing – 1pm
- » Knit for Hope – July 29 – Wolford's Landing – 5pm
- » 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



A husband and wife were celebrating fifty years of married life together – their golden wedding anniversary. They had a blow-out celebration at a hall with their children, grandchildren, and their many relatives and friends. Then they finally made their way home from the big party that was thrown for them. They were tired and happy to be home again to peace and quiet. They were so busy with everyone that day and so excited with the grand event that neither of them had eaten much during the day or evening, so they decided before going to bed, to have a little snack of coffee with homemade bread and butter. As they were sitting at the kitchen table, the husband took out a new loaf of bread and handed the end piece (the heel) to his wife of fifty years. She immediately went into a rage! “For fifty years you have been dumping the heel of the bread on me and I just won’t take it from

you anymore” she exclaimed! “You could care less about what I like.” On and on her anger raged all ignited by his offering her the heel of the bread. He sat there in absolute astonishment over what he was hearing, then she finally finished and he said to her quietly. “But honey, it’s my favorite piece.”

Enjoy the little things, for one day you may look back and realize they were the big things – Robert Brault

Pediatric Guild

Members of the SOMC Pediatric Guild joined the Scioto County Library’s Bookmobile outside of SOMC Pediatric Associates in the Fulton parking lot on June 20th in their “adventure themed” attire dispersing health related giveaway bags to children who were visiting the SOMC Pediatric office.



“We’re Sweet on You” – Volunteer Ice Cream Event

Volunteer Services is continuing the tradition of celebrating good Ol’ Summer with their volunteers, so mark your calendars for Friday, July 19th from 11:30 a.m. – 1 p.m. and head to Wolford’s Landing (6888 Front Street – Sciotoville), as Sherri and Jenny will be serving up cool and refreshing ice cream (curbside) to our wonderful and “sweet” volunteers! Simply drive through the campground to Jenny Lavender’s walkway of her camper for your delicious summer treat! For further information prior to the event contact the Volunteer Office at 740-356-8234.





Jr. Volunteers Return For Summer

SOMC is excited to have the Jr. Volunteer program return this summer! Pictured is our first orientation crew. During the summer, Jr. Volunteers are introduced to many facets of the hospital, as they work right along-side our adult volunteers and SOMC staff. Benefits of the Summer Junior Volunteer Program include real-life experiences and building job skills, meeting healthcare professionals, learning about more careers in healthcare, and meeting new friends. What a great way to spend a summer – again, much welcome to this year’s Summer Junior Volunteers!

Kardia Guild

The SOMC Kardia Guild donated 60 sleep sack swaddles to its youngest patients born in need in the SOMC Maternity Department. The sleep sack is a bodysuit made of a blanket-like material that swaddle the baby, and are great for making sure babies stay warm, while keeping loose blankets out of the crib, reducing risk to the infant.



Did You Know...

There really is a message written on the back of the Declaration of Independence. In the movie National Treasure, a secret message written on the back of the Declaration is a key plot device. In reality, there is a visible message on the back that reads, “Original Declaration of Independence dated 4th July 1776.” It’s not as dramatic as the movie and experts believe it was a label added at some point when the Declaration was in storage.



Have More Fun This Summer

Here's how to make the most of the lazy days of summer! The good news: Summer is only half over. That means there's still plenty of time to indulge your playful side with enjoyable summer classics like ice cream, camp-outs, and more. Here are a few fun ways to add joy to your summer days.



Cold comfort

Steamy weather got you hot under the collar? Making your own ice cream is a fun way to beat the heat (and get a bonus dose of calcium to boot!)

Starry, starry night

Sleeping under the stars is fun – and romantic. Not one to venture too far from your shower? Then set up camp in the backyard. That way, you can still raid the fridge for midnight snacks.

Dance In the Rain

Surprise the grandkids by taking them outside during a gentle summer shower. Dance around, catch raindrops and enjoy those puddles!

Chalk it Up

Everyone loves sidewalk chalk - it doesn't matter how old you are! Use the glow-in-the-dark kind so you and your grandkids can glimpse your artwork from the window at bedtime.

The gift of gab

In any relationship, communication is key, so whether you're at the beach, in the mountains or at the mall – two way radios come in handy – and are much more fun than cell phones! And road trips are more exciting when you're brushing up on your CB lingo, Roger, That's a ten four, good buddy!

Watermelon and the Sprinkler

Watermelons are so sticky and messy in the house. Instead, just cut a whole watermelon into enough pieces for the kiddos, then send them outside with the melon and turn on the sprinkler! You can either sit back and enjoy the fun – or join in! Definitely laughter and memories are sure to abound!

Just keep in mind, that whether it's a night of stargazing, a summer picnic, or barbecue – make the most of your family outdoor time – because there is nothing better than “making memories!”

Volunteer Services Raises Safety Awareness

When it came to various safety topics, SOMC Volunteer Services definitely gained their volunteers' attention in a week-long (June 10-14), fun and enlightening way. From emergency preparedness to preparing for a food safe summer, Chair Fit (Yoga) Camp, using your brain (safety first), and wrapping up with not losing sight of SAFETY (Eye Health), yes, approximately 207 volunteers enjoyed an array of educational activities while focusing on these very important safety messages.



Transfer Your Prescription to SOMC



Southern Ohio Medical Center

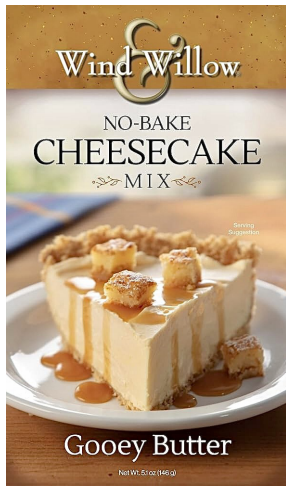
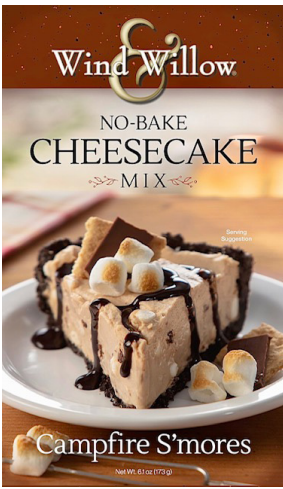
Why? Good things are happening here

Call our
Wheelersburg
location

740-355-4120

Transfer Your Prescription to SOMC

SOMC makes it easy to transfer prescriptions to one of our pharmacies. We accept most major insurances, including Medical Mutual. We offer a quick turnaround, friendly service, and free delivery! If your Rite Aid store is closing or has already closed, let the caring and expert staff at SOMC take care of you. Call our Wheelersburg location at 740-355-4120.



Gift Gallery Promotes “Fun in the Sun” Collection

the giftgallery
at Southern Ohio Medical Center

Must-haves for memorable summer meals from Stonewall Kitchen and Wind & Willow are all here in the SOMC Gift Gallery, including delicious BBQ Sauces, Sloppy Joe & Pulled Pork Starters, Ice Cream Toppings, Cookie, Scone & Brownie Mixes, along with No-bake Cheesecake & Cheesecake Mixes from Wind & Willow! So stop in today and check out our “Fun in the Sun” Meals/Dessert Collection.



SOMC Welcomes Dr. Perkins

Healthy skin plays a vital part in a healthy body, in fact – skin is the body’s largest organ. SOMC Dermatology Associates are here to provide you with a multitude of treatments to help prevent diseases, improve and repair your skin, hair and nails. With this, exciting news, please join us in welcoming Jessica Perkins, DO, a physician specializing in Dermatology, to the SOMC Medical Staff! Dr. Perkins is joining the new SOMC Dermatology Associates, which is located at 1611 27th Street, (Fulton Building), Suite 301, and can be reached by calling (740) 356-SKIN (7546).

Our Flag



She waves for my attention,
So free upon the breeze.
The sun reflects her stars and stripes,
As proud as she can be.

She tells a tale of people lost,
Who came to find their way
And carried on through every loss,
To bring us here today.

She reminds me of the brave who fought
To keep our country strong
And shouts at me of victories
To right egregious wrongs.

She whispers to our children
Of all this country has to give
And begs that they stand up for her
And give thanks for how they live.

She cries to me of apathy,
Of prejudice and hate,
Of disrespect for what she stands,
And a Constitution we forsake.

She demands that I acknowledge her
And what she means to me
And dares me to imagine life
If she should cease to be.

And still in Glory she unfurls
And gives me hope again
For a people reunited,
And a country on the mend.

So each time I see her wave at me,
I'll stop and gaze above
And take a moment to respect
This country that I love.

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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