

# Friend Friend

## VOLUNTEER NEWSLETTER APRIL 2024

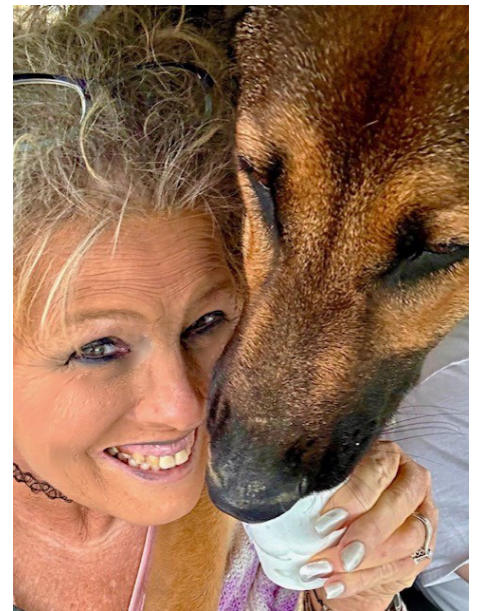


### A Note from Jenny

I can't tell you how happy I am that nice weather is once again among us, and that "Spring" is in the air, which inspires warmer days, blue skies and for Maverick – more of his favorite treat...ice cream (as in the photo)! None the less, Spring is also that time of year when we begin what is clearly defined as "spring cleaning." I wonder what urges us to start digging in and cleaning – the warmer weather, or the fresh air. Regardless, Sherri and I have begun "spring cleaning" the office, as well as our volunteer database, and with this, I would like to thank you for submitting your updated information. Also, I would like to mention, that while doing so I have come across a few volunteer files that I know should have additional hours, however those hours were not received. Therefore, keep in mind that if you have hours that have not been turned in, simply contact our office and we will be more than happy to get them recorded and your file up-to-date.

Speaking of hours, I know COVID definitely changed a lot of things, including volunteer hours, as well as the recognition that comes with it. However, service awards will be given during National Volunteer Week for hours tabulated from March 2020 – December 2023. It has been a long time coming, but I am so excited to have the opportunity to present to those volunteers who have excelled to new milestone categories the recognition they deserve.

Yes, National Volunteer Week (April 21-27) will be here before we know it and it is one of my favorite times of the year, as it brings the occasion to celebrate my favorite people – YOU! In celebration of the occasion, I have conjured up an amazing week of fun activities for you to enjoy! As always, "THANK YOU" for all you do for SOMC. (Daily activities are included in this issue of the volunteer newsletter), as you are appreciated more than you can imagine!



In closing, enjoy the lovely months of spring and I look forward to seeing you during Volunteer Week!

Hugs & Smiles!



Jenny Lavender,  
Manager Volunteer Services

# Guild News

## Volunteers in Action

*“If you want to touch the past, touch a rock.  
If you want to touch the present, touch a flower.  
If you want to touch the future, touch a life.”*

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, April 3rd at 10:30 a.m. at the home of Donna Chabot.

The **Pleasure Guild’s** next meeting will be held on Thursday, April 4th at 1:00 p.m. at Bob Evans, which is located at 1314 Gay Street – Portsmouth.

The **Pediatric Guild’s** next meeting will be held on April 10th at 12:00 p.m. at Mex-Itali, which is located at 850 State Route 239 – West Portsmouth.

The **Hope Guild’s** next meeting will be on April 12th at 11:00 a.m. at Hill View, which is located at 1610 28th Street – Portsmouth.

The **Service Guild** will meet on April 17th at 12:00 p.m. at Kiwanis Pancake Day at Cornerstone United Methodist Church, which is located at 808 Offnere Street – Portsmouth.

The **Kardia Guild** will meet on April 18th at 12:00 p.m. Location TBA.



Rosalee Greene & Linda Browne – Scioto Guild, pictured with Ben Gill, SOMC CEO/President – Jose Madrid Salsa Fundraising Sale.



Goldie Griffith & Nancy Casey – Hope Guild, pictured with Shawn Ross, Vendor – Books Are Fun Fundraising Sale.



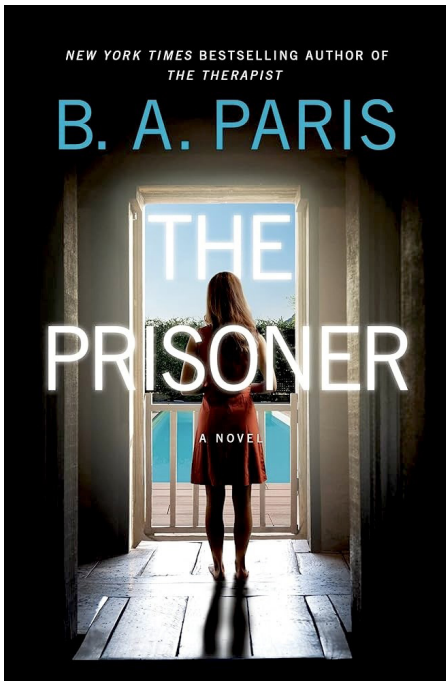
Katie Strickland, Brock Shepherd and Brayden Shepherd – Workforce Development & Warehouse.



## Jr. Volunteer Program Returns to SOMC

Summer Jr. Volunteer packets are now available in the Volunteer Office for interested students who are ages 16-18. 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. If you have someone interested or if queried, the last day for submitting applications for the program is May 6, 2024. 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.

## Volunteer Book Club

The book chosen to discuss in April is “The Prisoner” by B.A. Paris. We are scheduled to discuss the title on April 20th at 12:00 p.m. at Hill View. If you are planning to attend please contact the Volunteer Office at 740-356-8234 to RSVP.

## April Birthdays

- 4/3 Debbie Daniels
- 4/4 Linda Browne
- 4/4 Brea Shupert
- 4/12 Marilyn Mercer
- 4/14 Jack Leith
- 4/14 Sean Ison
- 4/19 Linda Harness
- 4/20 Sandy Murta
- 4/22 Aubrey Roy
- 4/22 Sara Grant
- 4/23 Jennie Entler
- 4/24 Ruth Boden
- 4/24 Sally Ferrell
- 4/29 Libby Brisker



## Volunteer Reading Challenge Winner

Congratulations to Alyce Ann Noel – our Volunteer Reading Challenge Contest Winner! Alyce Ann received a fun reading themed gift, featuring a Storiarts scarf (Pride & Prejudice), chocolates and two popular book titles. Many thanks to all of our volunteers who participated!

## 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/Volunteer 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.

**New Volunteers:** Jason Jenkins & Nolan Wright

# What's on the Menu

## Cheesy Naan Breakfast Pizza

Who says that eggs are only for breakfast, and pizza is only for dinner? What is so wonderful about this dish is that it is so versatile, easily being prepared using your favorite breakfast meats, cheeses and desired toppings. So whether you are enjoying this at six in the morning or six at night – you have not only satisfied your breakfast cravings, but as the saying goes, “a pizza on your plate is a smile in your face!”

### Ingredients

- » Garlic Naan bread
- » Shredded mozzarella cheese
- » Cooked breakfast sausage
- » Olive oil
- » Egg
- » Additional toppings - if desired
- » Fresh basil and red pepper flakes - for garnish



Preheat the oven to 400 degrees. While that's pre-heating, cook sausage in a pan until done. Drain if necessary and set aside. While you wait, prepare your favorite toppings! Once the oven is preheated, add a piece of garlic naan bread to a baking sheet and drizzle with 1 tablespoon of olive oil. Next top with 1/3 cup of cheese, then your cooked sausage and toppings, finishing with a light layer of cheese over the toppings. Bake for 8-10 minutes. Garnish with fresh basil and red pepper flakes. Once the pizza is done, crack an egg in a skillet with lots of butter and cook over low-medium heat until the whites are cooked through and then gently slide the egg on top of the pizza.

### Breakfast Pizza topping ideas:

- » Green bell pepper
- » Roasted red peppers
- » Feta cheese
- » Italian sausage
- » Fresh spinach

## Gift Gallery News

### Let Us Arrange a Smile for you!

Show someone you care with a warm arrangement of FreshCut Paper pop-up flowers – now available in the SOMC Gift Gallery. These unique and beautiful bouquets unfold in your hand, bringing a heartfelt smile to all. Truly a beautiful gift for birthdays, friendship, thinking of you, or “just because.” Each FreshCut Paper botanical includes a vibrant mailing envelope and coordinating blank notecard for your handwritten message. For further information contact the SOMC Gift Gallery at 740-356-8360, Monday – Thursday, 8am – 4pm and Friday, 8am – 12pm. As always, thank you for your continued support and helping our Gift Gallery bloom!





## Volunteer Week Offers An Array of Excitement!



WITH SOMC VOLUNTEERS GIVING FREELY OF THEIR TIME AND TALENTS, ALONG WITH THEIR UNWAVERING HAPPINESS, LOVE AND HEART, AND TO CELEBRATE NATIONAL VOLUNTEER WEEK (APRIL 22-26), SOMC WILL BE CELEBRATING WITH AN ENJOYABLE WORK-WEEK FILLED WITH FUN, SINCERE APPRECIATION AND MEMORABLE MOMENTS. FOR FURTHER INFORMATION CONTACT THE VOLUNTEER OFFICE AT 740-356-8234.

April 22<sup>nd</sup>, 11 am - 1pm

### **You Take The Cake - Thank You For All You Do**

SPECIALTY CUPCAKES TO RECOGNIZE THE OCCASION WILL BE AVAILABLE IN THE VOLUNTEER OFFICE AND GIFT GALLERY TO CELEBRATE YOU!



April 24<sup>th</sup>, 10 am - 2pm

### **Celebrate the Milestones With Coffee & Friends**

JOIN US TODAY IN THE VOLUNTEER OFFICE FOR COFFEE, LIGHT REFRESHMENTS AND CONVERSATION. SERVICE AWARDS WILL ALSO BE AVAILABLE FOR THOSE WHO RECEIVED CORRESPONDENCE NOTING OF THEIR RECENT MILESTONE INCREASE. PLEASE KEEP IN MIND THAT IF YOU ARE UNABLE TO ATTEND, NO WORRIES - YOUR AWARD WILL BE MAILED TO YOU AT THE END OF VOLUNTEER WEEK.



April 23<sup>rd</sup>, 9 am - 3pm

### **Hands Down SOMC Volunteers Are The Best Around**

BE SURE TO STOP BY THE VOLUNTEER OFFICE OR GIFT GALLERY (TODAY ONLY) TO RECEIVE A UNIQUE "HELPING HANDS" LAPEL PIN. ALSO THE VOLUNTEER OFFICE DURING THIS PARTICULAR WEEK WILL HAVE ON DISPLAY A UNIQUE VOLUNTEER "HELPING HANDS" TREE THAT IS DEFINITELY A ONE OF A KIND! LASTLY, TO THOSE WHO CONTACT THE VOLUNTEER OFFICE AND REQUEST TO BE ENTERED IN A SPECIAL "HELPING HANDS" DRAWING, YOUR NAME WILL BE ADDED FOR THE CHANCE TO WIN AN EXTRA SPECIAL MYSTERY GIFT FROM JENNY LAVENDER THAT YOU WON'T MISS OUT ON!

April 25<sup>th</sup>, 11 am-1:00pm

### **Follow Your heART!**

THE HAPPY POT IS A WONDERFUL PLACE FOR A CREATIVE AND HAPPY ADVENTURE - ESPECIALLY WHEN CREATING A POTTERY PIECE OF YOUR CHOICE. PARTICIPANTS ONLY PAY FOR THE COST OF THE POTTERY THEY CHOOSE, AND THE CAMARADERIE, FUN AND ENJOYABLE TIME TOGETHER IS FREE! FOR FURTHER INFORMATION OR TO RSVP, AS SPACE IS LIMITED PLEASE RSVP BY CONTACTING THE VOLUNTEER OFFICE AT 740-356-8234.



April 26<sup>th</sup>, 11 am-1pm

### **We Appreciate You So Much - Lunch Is On Us**

STOP BY WOLFORD'S LANDING CAMPGROUND BETWEEN 11AM - 1PM FOR A DELICIOUS LUNCH THAT IS SURE TO MAKE YOU SMILE!



## Pleasure Guild Makes Donation

The SOMC Pleasure Guild recently donated 150 pairs of socks to SOMC Hospice. Believe it or not, one of the items that is most requested from patients and their visitors is socks! The Pleasure Guild received the word, and from their "Pleasure's Treasures" petty cash fund, came through with the generous donation.

# 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.
- » 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.
- » Annual Volunteer Education – Return Documentation ASAP
- » Jr. Volunteer Applications available – Volunteer Office – April 1st
- » Volunteer Book Club – April 20th
- » National Volunteer Week Observed by Volunteer Services...April 22nd – 26th
- » 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



## Did You Know

Did you know that the ritual of Spring Cleaning is rooted in historic necessity, dating back to the 18th century? During the cold winter months, houses were heated with soot-spewing, coal-burning furnaces. Come springtime, windows were thrown open and entire houses got a thorough scrub-down.



## SOMC Life Center

All ACTIVE SOMC Volunteers now qualify for an employee rate membership at all 3 convenient locations (Portsmouth, Lucasville, and Wheelersburg) of the SOMC LIFE Center! Each gym has been fully renovated and stocked with new equipment, and with the LIFE Center family excited to help you in your journey to wellness as well! For further information feel free to contact the Volunteer Office at 740-356-8234 or Shae Patty (LIFE Center) at 740-356-7391.



## Local Recipe Highlighted in Kroger's MyMagazine

If you receive Kroger's MyMagazine in the mail, Jenny Lavender's recipe for "White Chocolate Blueberry Muffins" was featured in the Spring 2024 issue (page 30). It can also be found on Kroger.com, or if you would like to receive the recipe via email/mail/text, feel free to contact Volunteer Services.



## From A Contented Volunteer

Several years ago I received a timeworn newspaper clipping from an Ann Landers column in regards to volunteering from Jean Ann Lemon, one of our volunteers at SOMC. Seeing that National Volunteer Week is just around the corner, I wanted to share it with you all as well. Again, thank you Jean Ann for sharing with me!!



*Many will be shocked to find  
when the Day of Judgment nears,*

*That there's a special  
place in heaven*

*Set aside for volunteers.*

*Furnished with big recliners,  
Satin couches and footstools,*

*Where there's no  
committee chairmen,*

*No group leaders or car pools.*

*No eager team that  
needs a coach,*

*No bazaar and no bake sale,*

*There will be nothing to staple,*

*Not one thing to fold or mail.*

*Telephone lists will be outlawed,*

*But a finger snap will bring...*

*Cool drinks and gourmet dinners*

*And treats fit for a king.*

*You ask, "Who'll serve  
these privileged few*

*And work for all they're worth?"*

*Why, all those who  
reaped the benefits*

*And not once volunteered  
on earth!*

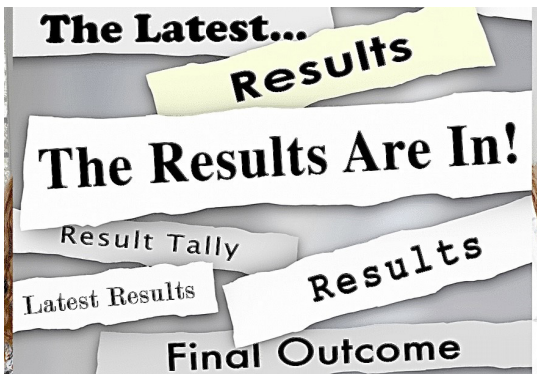


# Leprechaun Treats for Someone Sweet

On St. Patrick's Day SOMC volunteers enjoyed a delicious confectionary treat, SOMC Staff found their "Lucky Charm...YETI, and a sweet volunteer made her way to the Volunteer Office with Shamrock cookies for Jenny & Sherri all to celebrate the occasion!







## Volunteer Satisfaction Survey Results are In...

Volunteer Services is pleased to provide feedback of the results of their biennial Volunteer Satisfaction Survey. Overall, the results of the volunteer survey offer SOMC Volunteer Services the opportunity to improve in areas that are important to you and as an organization we are very pleased to see that volunteers place a high level of importance on teamwork and workplace

safety and believe that we are performing well in these areas. SOMC Volunteer Services would like to thank you for participating in the Volunteer Satisfaction Survey, as your comments are invaluable and will strengthen the future success of our volunteer program.

Question	Score
I feel SOMC values me as a volunteer:	3.7
SOMC cares about their volunteers:	3.7
I understand the importance of the work that I perform:	3.7
The staff of SOMC make me feel important and valuable:	3.7
I receive answers to my questions in a timely manner:	3.7
I am satisfied with the variety of volunteer opportunities:	3.6
I have the support and training needed to accomplish my volunteer assignments:	3.7
Volunteering gives me a sense of accomplishment:	3.7
My volunteer contributions are seen as an important part of SOMC:	3.7
I enjoy my work as a volunteer at SOMC:	3.7
The Volunteer Office does a good job of sharing information:	3.7
There I a strong feeling of team spirit and cooperation at SOMC:	3.7
Concern is shown for my health and safety:	3.7
If I have an issue while volunteering, there is someone I can turn to who will assist:	3.7
I am always treated with respect:	3.7
Doing my job well gives me a sense of personal satisfaction:	3.7
I regularly receive a "thank you" when volunteering:	3.8
I am able to contribute my views and feel listened to:	3.7
I am proud to be an SOMC Volunteer:	3.8
The Volunteer program at SOMC is well organized:	3.7

**Overall Score: 3.7 / on a 4.0 scale**

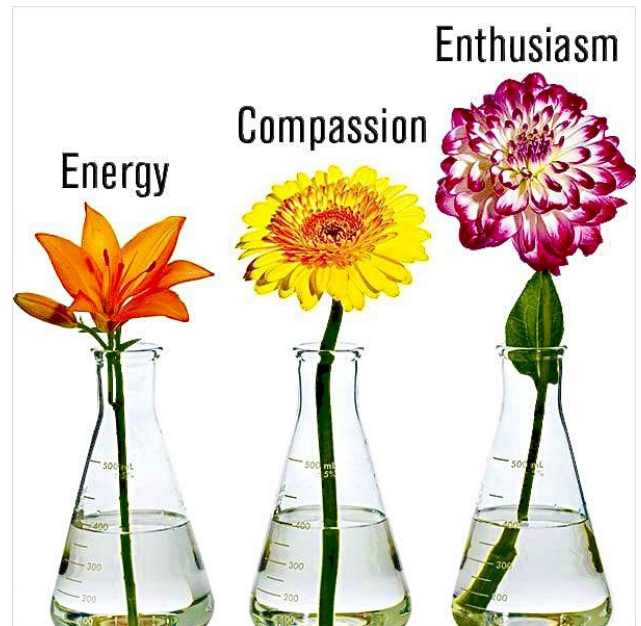


## Guild Flower Pick-Up Day Scheduled

If you placed a flower order from the Pediatric Guild – pick up is scheduled for May 7th from 9am to 6pm at Christ Community Church, which is located at 2433 – 25th Street in Portsmouth.

## 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/>



## Instant Pick Me-Ups

Are you ready for some quick energizers? If so, then check out these easy ideas to get that zip you're missing.

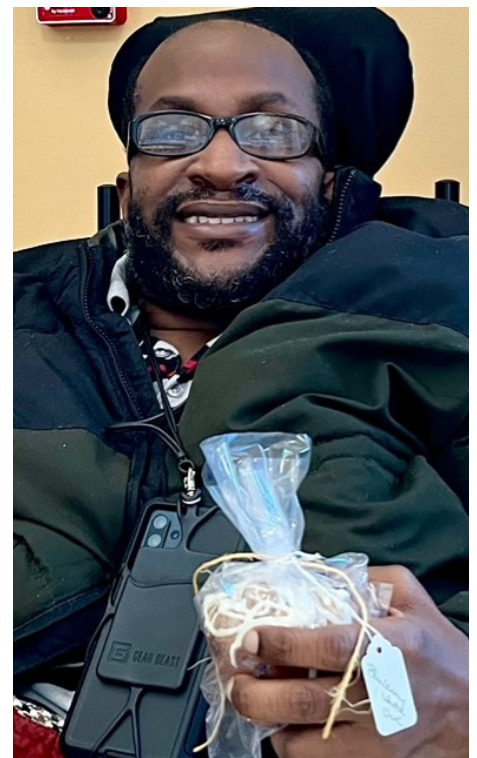
- » **Drink a glass of chilled water.** Your body will burn calories warming the water and that will help wake you up.
- » **Laugh out loud!** See a funny movie or play with your grandkids.
- » **Sniff peppermint.** Peppermint has been shown to increase energy. Take five minutes and jot down a few things you're truly grateful for.
- » **Turn on your favorite music.** Ideally something up-tempo, and move to the beat.
- » **Spend five minutes cleaning the clutter** from your desk or a counter in your house – then notice how great it makes you feel.
- » **Sit or stand taller.** This may increase your oxygen consumption and give you more energy.
- » **Call a friend** you turn to when you need some cheering up.
- » **Do focused breathing for a few minutes.** Find a quiet place, close your eyes and concentrate on each exhalation and inhalation.





## Volunteer Services Observes Muffin Day

With National Muffin Day observed on February 20th Jenny Lavender baked up a batch of homemade White Chocolate Blueberry Muffins and shared them with her sweet volunteers to celebrate the occasion!



## Guild Fundraising

The Kardia Guild will host their popular “Scrub Sale” April 8th-9th in the Waller/ED Corridor from 7:30 a.m. – 4:00 p.m., both days. This exciting sale offers a huge selection of quality uniforms, including tops, pants, jackets and even shoes – so make sure to come early!

---

### **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)

---