

# Friend Friend

VOLUNTEER NEWSLETTER  
AUGUST 2023



Paul Wagner & Delone Shabazz – Main Entrance Door Greeters

## A Note from Jenny

Time has no doubt flown, and it is so hard to believe that we are getting close to saying not just goodbye to summer, but to our Summer Jr. Volunteers, as this particular program ends on August 4. Our Jr. Volunteers have been a wonderful support and I do hope that many will return to us next summer. With this in mind, I would like to express my sincere “thanks,” as well as take this time to wish our Jr.’s the most successful year as they return to their respective schools.

So as summer finds itself definitely dwindling down, I am sure this is the time of year when you might find yourself looking for something creative to do a little closer to home. Yes, you definitely don’t want summer to come and go without even a brief getaway! Besides, remember it’s important to be sure to take time to enjoy you! However,

if for some reason you are unable to find the time to get away, perhaps just some quiet time while treating yourself to a good book, an entertaining movie, or anything else that you get enjoyment from would make for a perfect day.

Speaking of getaways... Volunteer Services has a few exciting activities planned at Wolford’s Landing this month for you to enjoy! “Knit for Hope” has returned, a “Euchre Social,” and of course, our monthly Book Club get-together and themed curbside event! I know exciting, right!?! So make sure you continue reading the newsletter to discover dates, times and descriptions – oh, and you might want to brush up on your Euchre game, as I am



ready to play along with you!

In closing, here’s wishing you a fabulous “end of summer” spent just the way you like it, whether it is full of family picnics, exciting events or reeling in a few fish from the lake – just enjoy!

Jenny Lavender, Manager  
Volunteer Services

# Guild News

## Volunteers in Action

*“Our fingerprints don’t fade from the lives we’ve touched.”*

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 August and reconvene in September 2023.

The **Service Guild** will recess for August and reconvene in September 2023.

The **Pediatric Guild** will recess for August and reconvene in September 2023.

The **Pleasure Guild’s** will recess for August and reconvene on September 7th at 1:00 p.m. at Haute Stuff Catering, which is located at 1406 Kinney’s Lane in Portsmouth

The **Hope Guild’s** next meeting will be on August 18th at The Robin’s Nest in Jackson. Bus leaves the Friends Center parking lot at 11 a.m. (sharp) and will return by 3:45 p.m.

The **Kardia Guild** will meet on August 17th at 12:00 p.m. at Wolford’s Landing, which is located at 6888 E. Front Street in Sciotoville.



Reagan Cartee – Nutrition Services



Jo Ann Hall & Joyce White – Hope Guild Shoe Sale



Esah Strickland – Nutrition Services



Goldie Griffith & Nancy Casey – Hope Guild Shoe Sale

## Guild Fundraising

The Pleasure Guild will host their popular “Masquerade” sale, where EVERYTHING IS \$5.00 on August 2nd – 3rd from 7:30 a.m. – 3 p.m. (both days) in the Waller/ED Corridor on the Main Campus.

Mary’s Spirit Shop will host their popular Back-To-School Sale at their store location, which is located at 2109 Gallia Street, Portsmouth, August 16th – 18th, between the hours of 10:00 a.m. – 5:00 p.m. When your back-to-school list includes shopping for spirit gear this is one sale you won’t want to miss!

The Kardia Guild will host their much anticipated “Scrub Sale” August 28th – 29th 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!





## Making Memories – One Curbside at a Time

To celebrate the end of summer and the great outdoors, Volunteer Services will be offering August's curbside event with a camping theme at Wolford's Landing on August 17th from 11:30 a.m. – 1 p.m. Simply drive through the campground, which is located at 6888 E. Front Street in Sciotoville to Jenny Lavender's camper to enjoy fun and delicious camp-style cuisine! It's Hotdogs, Chips, S'mores on a Stick, and a Beverage, as the Volunteer Café & Grill takes it on the road for an enjoyable and delightful adventure! For questions contact the Volunteer Office at 740-356-8234 prior to the event.



## SOMC Life Center

Just a reminder - All ACTIVE SOMC Volunteers qualify for an employee rate membership at all three 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.

## Encouraging Emotional Growth Through Stories & Cuddly Creatures

Slumberkins featuring: Bigfoot (Self Esteem), Yak (Self-Acceptance), Unicorn (Authenticity), Sloth (Routines) and Fox (Change) have arrived and are now on the shelf in the SOMC Gift Gallery. We are excited to offer such a unique gift that will give children the opportunity to discover a world of feelings, master their emotions, unlock their confidence, as well as give them a furry forever-friend too. Children may also enjoy these cuddly creatures as they come to life on Apple TV+.



## August Birthdays

8/5	Todd Pelphrey	8/21	Laura Roberts
8/5	Josh Ward	8/22	Janet Evans
8/8	Sandra Hall	8/24	Diane Dalton
8/8	Alyce Ann Noel	8/24	Brandi Pennington
8/17	Alberta Scherer	8/24	Reagan Cartee
8/18	Collin Coriell	8/28	Irene Blankenship
8/20	Patty Hayward	8/28	Chuck Kurtz
8/20	Ian Lavender		

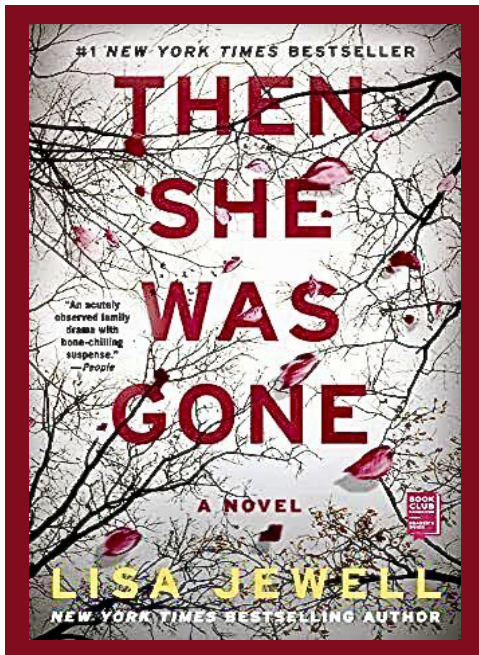
## New Volunteers

Allisen Jones  
 Macy Wright  
 Miller McKenzie  
 Lydia Kittner  
 Emily Cole  
 Calum Stoll



## Did You Know...

Did you know that a dog's nose print and paw prints can be used as unique identifying factors, in the same way that a human fingerprint can be used to identify individuals? Yes, every dog's nose and paw prints are unique, as are human fingerprints.



## Volunteer Book Club

The book chosen to discuss in August is "Then She Was Gone" by Lisa Jewell, and members are scheduled to discuss the title on August 19th at Wolford's Landing Campground. If you are planning to attend please contact the Volunteer Office to RSVP at 740-356-8234.



## Which One Are You?

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed. Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup. Turning to her he asked, "Daughter, what do you see?" "Potatoes, eggs, and coffee," she hastily replied. "Look closer," he said, "and touch the potatoes." She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face. "Father, what does this mean?" she asked. He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity – the boiling water. However, each one reacted differently. The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard. However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new. "Which are you," he asked his daughter.

**Moral:** In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us. So when adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?



## Meal Vouchers

Effective, July 18th Volunteer Meal Vouchers increased to \$10.00. As outlined in the Volunteer Expectations Policy, Volunteer *“ID Badges are required to utilize Meal Vouchers, and vouchers are valid only on the date issued.”* Meal Vouchers provide the opportunity for a volunteer to purchase a meal from the hospital’s Café or Cafeteria without having to use personal funds. If you should have any questions or need further assistance please feel free to contact the Volunteer Office.



## Here’s the Deal

On Friday, August 4th volunteers can enjoy a mid-morning get-together of cards and fun, as it is time once again for the “Summer Euchre Social” from 10 a.m. – 12 p.m. at the Shelter House at Wolford’s Landing. If interested, or for further information please contact the Volunteer Office at 740-356-8234, as reservations must be made prior to the event. Light refreshments and a great time are definitely guaranteed!

## 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, August 28th 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 please contact the Volunteer Office at 740-356-8234.



## Volunteer Services is NOW on Facebook!

Volunteer Services is happy to announce there is a new Facebook page that offers the latest news and updates from Southern Ohio Medical Center’s Volunteer Services and Gift Gallery – so be sure and “Like” us, as we are now 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/>

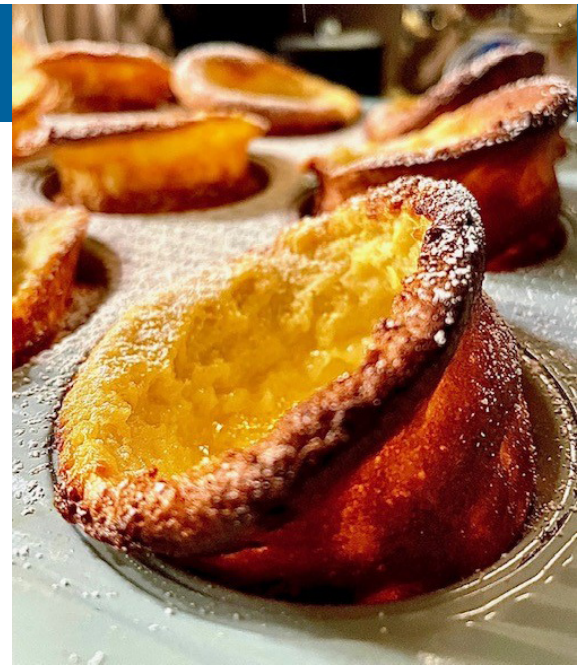
# What's on the Menu

## Mini Dutch Baby Pancakes

*Remember "Dutch Babies" collapse quickly as they cool, so have everyone ready when you remove them from the oven for that maximum "WOW" factor!*

### For the Cake:

- » 1 cup all-purpose flour
- » 1 cup milk
- » 4 large eggs
- » 1/2 cup granulated sugar
- » 1 teaspoon vanilla extract
- » 1/2 teaspoon salt
- » 6 tablespoons unsalted butter
- » Powdered sugar, warm maple syrup, berries or jam, for serving



Arrange a rack in the middle of the oven. Place your muffin pan on the rack, and heat the oven to 425 degrees. Add eggs to a blender and blend for about 1 minute (until eggs are frothy). Next add milk, sugar, salt, vanilla extract, and flour to blender and mix until combined (batter will be thin). Let the batter rest for 10 minutes. Meanwhile, cut 6 tablespoons unsalted butter into 12 pieces. Remove the preheated muffin pan from the oven and add 1 piece of butter to each well. (Also very lightly spray each well with Baker's Joy). Pour about 1/3 cup of the batter into each well. Bake until the Dutch Babies are puffed and lightly golden brown, 12 to 15 minutes. Let cool for 1 minute before dusting with powdered sugar, filling with jam, or berries. Warm maple syrup and crispy bacon pair well with these delightful gems 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.
- » Annual Volunteer Education – Return Documentation ASAP
- » Volunteers are being sought for the following locations: Gift Gallery, Laundry, Same Day Surgery, Outpatient Rehab, Heart & Vascular and Hospice
- » Summer Jr. Volunteer program ends August 4
- » Summer Euchre Social – August 4 – 11am – Wolford's Landing
- » August Curbside – August 17 – 10am – Wolford's Landing
- » Volunteer Book Club – August 19 – Wolford's Landing – 1pm
- » Knit for Hope – August 28 – 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](mailto:lavendej@somc.org)





## Here's the Scoop!

On July 13th the Volunteer Office served up an array of delicious ice cream flavors and smiles to their volunteers to enjoy during the annual Volunteer Ice Cream event. This fun occasion is another enjoyable opportunity to show our appreciation to our wonderful SOMC volunteers!



## Volunteer Services Celebrates Back-To-School Month

As August comes to a close, we are smack dab in the middle of “back-to-school season.” Parents will soon be sharing photos of their little ones, many holding signs announcing what grade they’ll be in, their favorite activities, and what their hopes and dreams are for the year ahead. With this in mind, Volunteer Services wanted to get in on the fun, as our Volunteers are living their BEST life and we learn from their wisdom every day! So, SOMC Volunteers – hold a sign with your name, graduating class year, age, and your advice for students today, and have someone snap a photo and send it our way for the September issue of the Volunteer newsletter. By the way, if you need a template sign to hold simply stop by the Volunteer Office or Gift Gallery, as we will have them readily available.



## Gift Gallery Offers Hours of Puzzling Fun!

Looking for something fun to do on a warm summer's day? If so, why not take a “puzzle-cation,” an enjoyable getaway without leaving the cool comfort of your living room! With a variety of family-style jigsaw puzzles from White Mountain Puzzles that recently arrived to the SOMC Gift Gallery, everyone has the opportunity to get in on the fun! For further information contact the SOMC Gift Gallery (Monday - Thursday: 8a-4p and Friday: 8a-12p) at 740-356-8360.

## 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.

## 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!