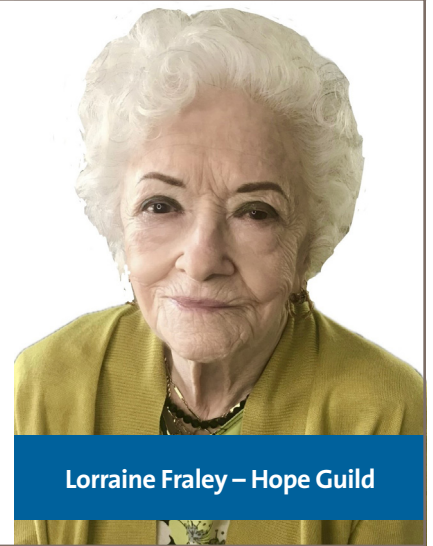


Friend Friend

VOLUNTEER NEWSLETTER SEPTEMBER 2024



Lorraine Fraley – Hope Guild

A Note from Jenny

Believe it or not, here we are in the midst of summer! It is so hard to imagine how quickly this summer has come and gone. With this in mind, I hope that you have enjoyed every minute of it!

When it comes to our volunteers you truly are a crucial part of SOMC, and a very valuable asset to our hospital! Often times, I hear of your helpfulness and generosity towards our patients, staff and visitors. I am very thankful for many things in life, which one of the highest blessings is the opportunity of working with all of you! I sincerely have the best job in the world!

I came across this story a while back and simply wanted to share it with you, as it is a wonderful example of how one person can make a difference in the life of another. And, that is exactly what each of you do by volunteering.

The Cab Ride

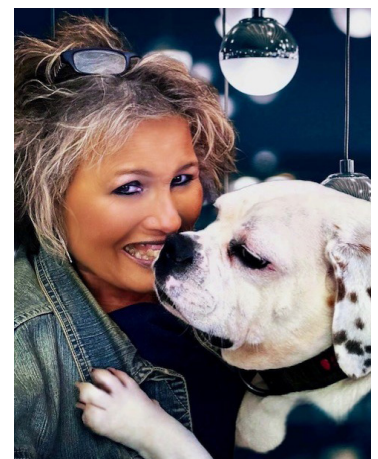
I arrived at the address and honked the horn. After waiting a few minutes, I walked to the door and knocked. “Just a minute,” answered an elderly voice. I could hear something being dragged across the floor. After

a pause, the door opened and a small woman in her 90’s stood before me. By her side was a small nylon suitcase. The apartment looked as if nobody had lived in it for years. All the furniture was covered with sheets; no clocks on the walls, no knickknacks and in the corner was a cardboard box filled with photos and glassware. “Would you carry my bag to the car?” she asked. I took the suitcase and then returned to assist the woman. She took my arm and we walked slowly to the cab. She kept thanking me for my kindness. “It’s nothing,” I told her. “I just try to treat my passengers the way I would want my mother treated. “Oh you are such a good boy,” she said. We got in the cab and she gave me an address, and then asked, “Could you drive through downtown?” “It’s not the shortest way,” I answered. “Oh, I don’t mind,” she said. “I’m in no hurry. I’m on my way to Hospice.” I looked in the rear view mirror. Her eyes were glistening. “I don’t have any family left, she continued. “The doctor says I don’t have much time,” I quietly reached over and shut off the meter. “What route would you like me to take?” For the next two hours, we drove through the city. She showed me the

building where she had once worked, the neighborhood where she and her husband had lived, a building that had once been a ballroom where she had gone dancing as a girl. Sometimes we’d slow in front of a building and we sat staring and saying nothing. Then, she said, “I’m tired. Let’s go.” We drove in silence to the address she’d given me. When we arrived, two staff came out to the cab. They were kind and caring and watching her every move. They must have been expecting her. I opened the trunk and took out her suitcase. She was already seated in a wheelchair. “How much do I owe you,” she asked reaching into her purse. “Nothing,” I replied. “You have to make a living,” she answered. “There are other passengers,” I responded. Almost without thinking, I gave her a hug. She held onto me tightly. “You gave an old woman a moment of you,” she said. “Thank you.” I squeezed her hand and behind me a door shut. I didn’t pick up any more passengers that shift. I drove aimlessly, lost in thought. What if that woman had gotten an angry driver or an impatient driver? On quick review, I don’t think that I have done anything more important in my life.

We’re conditioned to think our lives revolve around great moments. But, great moments catch us unaware – beautifully wrapped in what others may consider a small one. People may not remember exactly what you did, or what you said, but they will always remember how you made them feel.

Again, and from the bottom of my heart, thank you for all you do for our patients, their families, our staff and visitors and again, thank you for your generous hearts!



Hugs,



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 meet on Wednesday, September 4th at 10:30 a.m. at the home of Donna Chabot.

The **Pleasure Guild** will meet on Thursday, September 5th at the Queen Beanery in Peebles. Bus will leave the Friends Center parking lot at 10:30 a.m. (sharp), and will return by 3:30 p.m.

The **Pediatric Guild's** next meeting will be held on Wednesday, September 11th at 12:00 p.m. at 535 on Second, which is located in the Boneyfiddle District in Portsmouth.

The **Hope Guild** will meet on Friday, September 13th at the Queen Beanery in Peebles. Bus will leave the Friends Center parking lot at 10:30 a.m. (sharp), and will return by 3:30 p.m.

The **Service Guild** will meet on Wednesday, September 18th at 12:00 p.m. at the Volunteer Office

The **Kardia Guild's** next meeting will be held on Thursday, September 19th at 12:00 p.m. in the Braunlin Conference Center – Room D, which is located on the main campus.

Volunteers in Action

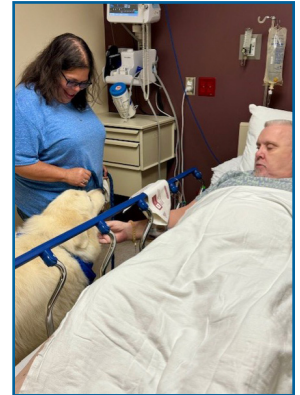
“Nothing is as strong as the heart of a volunteer.”



Brenda Lykins,
Donna Dryden
& Patty Spriggs
– Pleasure Guild
Masquerade Sale.



Joyce Payton –
Employee Health
& Wellness



Catherine & Yeti –
surprising Jenny's
husband in Same Day
Surgery with a visit

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.

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/>

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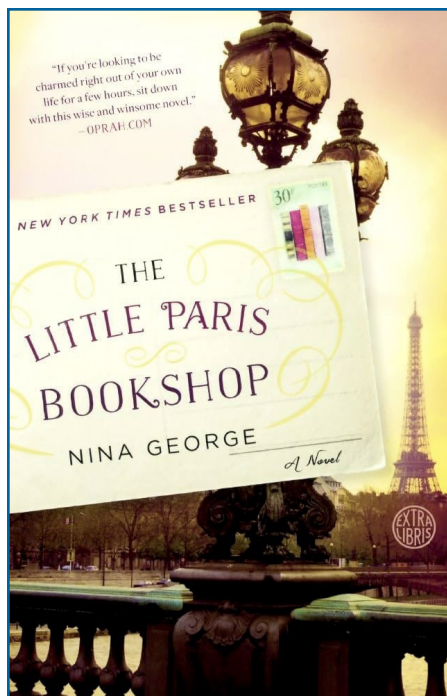
<https://www.facebook.com/SOMCVolunteers/>

NEW Volunteers

Navaeh Porter
Sharon Harris
Nancy Partlow

September Birthdays

9/1 Patty Warner
9/5 Betty Applegate
9/10 Eloise White
9/10 Mary Arzen
9/12 Karen Evans
9/13 Lisa Carver
9/16 Jo Ann Hall
9/16 Elaine Raies
9/16 Esther Downey
9/17 Anna Cardenas
9/18 Arlene Richard
9/20 Barb Clayton
9/22 Katie Shirey
9/26 Gayle Hopkins
9/27 Marilyn Warner
9/28 Sandra Wheeler
9/29 Rose Havens
9/30 Jean Carlson
9/30 Jack Jennings
9/30 Brady Schomburg



Volunteer Book Club

The book chosen to discuss in September is “The Little Paris Bookshop” by Nina George, and members are scheduled to discuss the title on September 21st at noon at Hill View. If you are planning to attend, please contact the Volunteer Office to RSVP at 740-356-8234.

Guild Fundraising

Books Are Fun will be back on-site in the Waller/ED Corridor on September 12th from 8:00 a.m. – 4 p.m. and September 13th from 8:00 a.m. – 3:00 p.m., with proceeds benefiting the Kardia Guild. This sale includes books, as well as gift items for all ages and is one to the public. Yes, unbelievable prices on hundreds of items!

On September 24th-25th the Pediatric Guild will host their popular Simply M Boutique Sale from 7:30 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.

Did You Know...

The Harvest Moon is the full moon that happens closest to the autumnal equinox, or the official start of fall. For several nights in a row, a large full moon rises shortly after sunset. Long before electricity, farmers would take advantage of this bright moonlight when it was time to harvest. The extra light extended the evening working hours, hence why it's called a Harvest Moon.



What's on the Menu

Orange Cinnamon Chocolate Chip Cookies

With a smidgen of cinnamon and orange, these tasty cookies are an explosion of flavor, and even better lightly crispy on the outside, soft on the inside - oh, and absolutely perfect for a twist on the traditional Chocolate Chip Cookie recipe.



Ingredients

- » 1/2 cup butter, softened
- » 1/2 cup butter flavored Crisco
- » 1 cup sugar
- » 1 cup packed brown sugar
- » 2 large eggs
- » 1 tablespoon grated orange zest
- » 1 teaspoon orange extract
- » 2 teaspoon vanilla extract
- » 3-1/2 cups all-purpose flour
- » 1-1/2 teaspoons baking soda
- » 1-1/4 teaspoons cinnamon
- » 3/4 teaspoon salt
- » 2 cups chocolate chips
- » 1 cup chopped walnuts

In a large bowl, cream butter, shortening and sugars until light and fluffy. Beat in the eggs, orange zest, orange and vanilla extracts, then combine flour, baking soda, cinnamon and salt; gradually add to the creamed mixture and mix well. Stir in the chips and walnuts. Cover and chill for 2 hours or until easy to handle. When ready, on a lightly floured surface, roll out dough to 1/2-inch thickness and cut with a lightly floured 3-in. round cookie cutter and place 1 inch apart on a greased baking sheet. Bake at 375 degrees for 12-14 minutes or until lightly browned. Remove to wire racks to cool.



SOMC Guild Members – Save The Date

SOMC Guild Members, just a reminder that the Fall Guild Luncheon & Dessert Auction will take place on Friday, October 4th in the Braunlin Conference Center at 12pm. This fun and entertaining event is sure to provide a wonderful time for all – great auction items, delicious food and guaranteed laughter – all to support our SOMC Guild's fundraising efforts. If you find yourself interested in joining an SOMC Guild (Hope, Kardia, Pediatric, Pleasure, Scioto, Service) – simply contact the Volunteer Office or any guild member for details!



Volunteers Around the Campfire – A Social Gathering Platform

Camping definitely promotes strong relationships, and is one of the most popular outdoor bonding activities around! With this in mind, volunteers will have the opportunity to savor the fresh outdoors while enjoying each other's company at Wolford's Landing Campground. This fun and social activity is scheduled for Friday, September 17th at 10am and will definitely eliminate common distractions like phones or computers, giving volunteers the opportunity to reflect on various volunteering topics, enjoyable moments and camaraderie in a relaxing atmosphere. Light refreshments will be available. For further information or to RSVP, contact the Volunteer Office at 740-356-8234.

ANNOUNCEMENTS

- » The Volunteer Office and Gift Gallery will be CLOSED on Monday, September 2nd in observance of the Labor Day holiday.
- » Flu vaccinations will be offered through Employee Health October 1st – 31st (8:00 a.m. – 4:00 p.m.)
- » 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 Around the Campfire – September 17th – 10am – Wolford's Landing
- » Volunteer Movie – September 20th – Braunlin Conference Center – Room D – 1:00 p.m.
- » Volunteer Book Club – September 21st – Hill View.
- » Knit for Hope – September 30th – 5:00pm – Wolford's Landing
- » Volunteers are being sought for the following locations: Gift Gallery, Human Resources, Laundry, Heart & Vascular, and Hospice.
- » 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



Sorghum Festival Coming Soon

The Arc of Appalachia is celebrating Appalachian Folk Art & Music at the John Roger Simon Sorghum Festival on September 28 & 29! Held at the historic 5th-generation French homestead on the banks of Pond Creek in West Portsmouth, Ohio, this festival is free to the public and offers a taste of tradition. Experience the making of sorghum syrup, heritage crafts demonstrations, southern food, and the lively sounds of old-time music. This festival also honors the Appalachian forests and landscapes that have inspired the culture of our nation's Appalachian peoples. The Simon Farm protects hundreds of acres of mature white oak woodlands, a rare gem in Ohio's forests. Location: 8721 Careys Run Pond Creek Road, West Portsmouth, OH 45663.



SEPTEMBER 14, 2024

Registration 10am | Start 11am

SOMC East Campus behind the Hospice Center

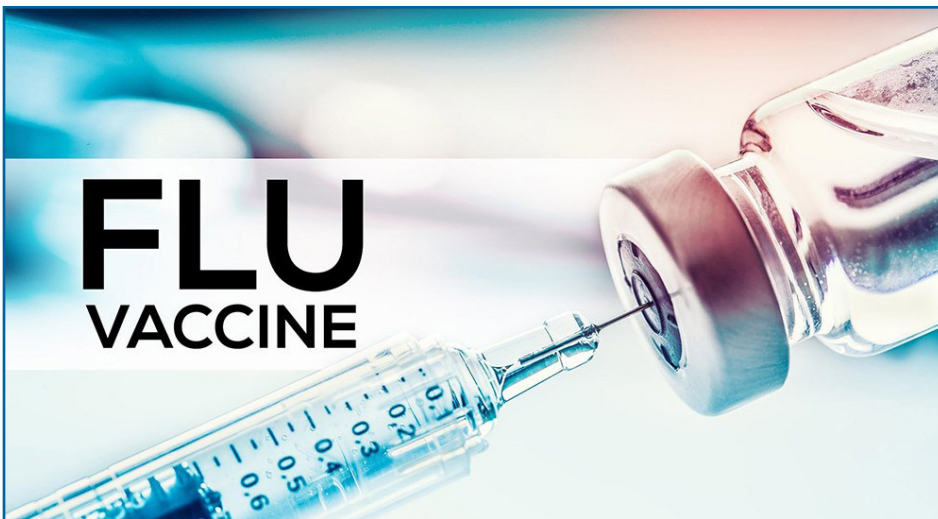
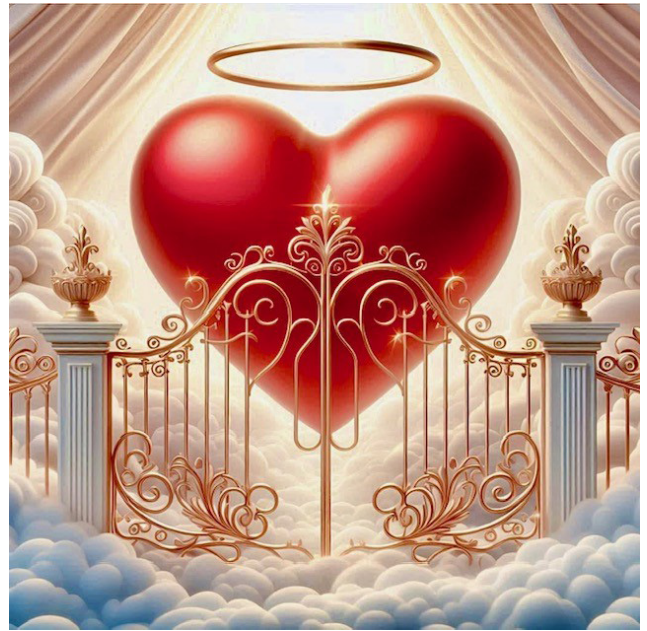
SOMC Hospice Memorial Ride

The 2024 SOMC Hospice Memorial Ride is scheduled to take place on September 14. Registration for the ride begins at 10am in the parking lot of the SOMC East Campus behind the Hospice Center, and riders will depart at 11am. The event was created in memory of motorcycle enthusiast and hospice patient Ricky Bryan. Proceeds support the SOMC Hospice Caritas Fund, which supports both hospice patients and their families in their time of need. It has been used to provide everything from day-to-day necessities, such as groceries, to fulfilling end-of-life wishes. The cost to participate is \$20, plus \$10 for any additional passengers. Registration is in-person only on the day of the event. T-shirts are also being sold for \$25 each.

When Tomorrow Starts Without Me

Thank you Mary Martha Questel for sharing

When tomorrow starts without me, please try to understand. That an angel came and called my name, and took me by the hand. The angel said my place was ready, in Heaven far above, and that I'd have to leave behind all those I dearly love. But when I walked through Heaven's Gates, I felt so much at home, for God looked down, smiled at me, and told me "Welcome Home." So when tomorrow starts without me, don't think we're far apart, for every time you think of me, I'm right there in your heart.



FLU VACCINE

Flu Vaccinations

At SOMC we are dedicated to the safety, health and well-being of our patients, staff and volunteers, as this includes protecting you from communicable diseases such as influenza (flu). As you are aware, all employees, providers, students, and volunteers must receive the flu vaccine each year. The goal of mandatory flu immunization is to help protect our patients, staff and volunteers from flu and the risks it poses. Volunteers will have the opportunity to obtain their annual flu vaccination during the month of October by stopping by Employee Health (Waller Building – Suite 307A) Monday – Friday (October 1 – 31) from 8am - 4pm. If you should have any questions or need additional information please feel free to contact the Volunteer Office at 740-356-8234.



SOMC and American Red Cross Hosting Blood Drive

SOMC and the American Red Cross are set to host a blood drive at the Portsmouth SOMC LIFE Center on Monday, September 23, from 7:30 am to 1 pm. Donors are needed! To donate, please call 1-800-Red Cross (1-800-733-2767) or visit www.RedCrossBlood.org and enter: SOMC to schedule an appointment. Please be sure to bring a photo ID or donor card.



Enjoying Time Together

Sometimes all you need is good friends and a great movie. Definitely a great afternoon with wonderful volunteers, plenty of popcorn, and a heartwarming movie that reminded us that it's ok to be a kid at heart.



Perfect Autumn Reading List

Fall is for crunching leaves on the sidewalk, sipping pumpkin spice lattes, and reading! Following are a few titles that perfectly match the season – dark, heavy on the atmosphere, and a little contemplative and melancholy at times! Happy Fall & Happy Reading!

- Bitter House – by Kiersten Modglin
- The Wife in the Photo – by Emily Shiner
- The Apartment – by K.L. Slater
- Never Lie – by Freida McFadden
- Not a Sound – Heather Gudenkauf



Afternoon Movie Features An ALL-STAR Cast!

On Friday, September 20th at 1:00 p.m. it's a Volunteer Movie Matinee, complete with soda and popcorn and no admission fee! Yes, we will be showing "Summer Camp" in the Braunlin Conference Center – Room D (Park in Blue Garage – when entering the elevator push the button that says "LL." When the doors open the conference center will be down the hall on the left). This entertaining and hilarious comedy starring Kathy Bates, Diane Keaton, Alfre Woodard and Eugene Levy definitely demonstrates the deep meaning about treasuring our life-long friendships. If you find yourself interested in attending this entertaining get-together please contact the Volunteer Office at 740-356-8234 and reserve your seat, as **space is limited!**



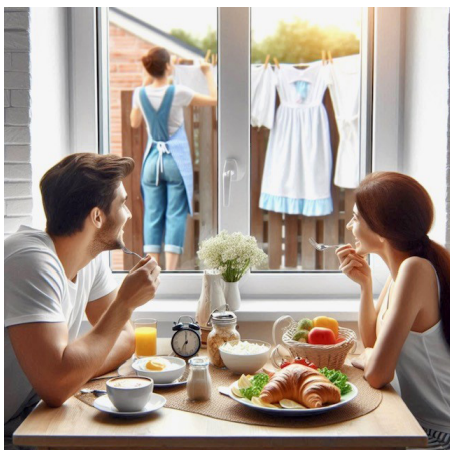
SOMC Life Center

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.



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 meeting is scheduled for Monday, September 30th from 5:00 – 7:00 p.m. and will take place 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 phone 740-356-8236.



Looking At Life Through “Clean Windows”

“What we see when watching others depends on the window through which we look.”

A young couple moved into a new house. The next morning while they were eating breakfast, the young woman saw her neighbor hanging the washing outside. “That laundry is not very clean; she doesn’t know how to wash correctly. Perhaps she needs better soap powder. Her husband looked on, remaining silent. Every time her neighbor hung her washing out to dry, the young woman made the same comments. A month

later, the woman was surprised to see a nice clean wash on the line and said to her husband, “Look, she’s finally learned how to wash correctly. I wonder who taught her this?”

The husband replied, “I got up early this morning and cleaned our windows.”

And so it is with life... What we see when watching others depends on the clarity of the window through which we look. So don't be too quick to judge others, especially if your perspective of life is clouded by anger, jealousy, negativity or unfulfilled desires. Judging a person does not define who they are. It defines who you are.

Gift Gallery

Fall is soon to be with us and with this in mind, the Gift Gallery will be displaying a vast variety of new and exciting Halloween and Harvest merchandise that you won't want to miss! The Gift Gallery has also received a new shipment of fashionable fall purses, seasonal candy and beautiful home décor. SOMC Gift Gallery is open Monday – Thursday, 8am – 4pm. and Friday from 8am – 12pm. For further information please contact the Gift Gallery at 740-356-8360.

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



Battle of the Paddles Memorial Tournament Slated

Mound Park Pickleball Club is set to host the first Battle of the Paddles Memorial Pickleball Tournament on September 15! Players are encouraged to play in memory or honor of a lost loved one. All proceeds from the tournament benefit the SOMC Cancer Compassion Fund – a fund that assists cancer patients with medication needs, transportation, wigs, nutrition, and more. This is a one-day prize money tournament featuring men's and women's doubles play. It is a round-robin style tournament, with skill divisions of 3.0, 3.5, 4.0, and 4.5+. Registration is \$45 per player. T-shirts are available for purchase. To register or purchase a shirt please check out the following link:

<https://pickleballbrackets.com/ptd.aspx?eid=28316334-5eac-440b-990e-3bfa555a2d1d>

- A special thank you to Dr. Stephen Woolums of the SOMC Urology Associates, who helped sponsor the event.

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
