

Friend Friend

VOLUNTEER NEWSLETTER MAY 2023

Jenny & Sherri
SOMC Volunteer Services



A Note from Jenny

“Welcome!” and “May I help you?” are phrases overheard every day by our wonderful volunteers, and believe it or not, these quite simple little words are not only a comfort and acceptance, but a true sign of the genuine caring spirit that our volunteers regularly share with all.

With this, I would like to thank you for that same extension of kindness that you’ve shown me for so many years. Of course, it is hard to believe that 13 years ago this May I began a new chapter in my life...Managing something other than my children, grandchildren and husband!!! I was given the opportunity, and honor of becoming the Manager of SOMC’s Volunteer Services – and I must say, that I have had the heartfelt pleasure of meeting so many amazing individuals and so appreciate all you do for SOMC and in addition, learning about your personal experiences, varied backgrounds and why you’ve chosen to offer your time and

talents as a volunteer. As I always say, you are much more to me than a volunteer, you are family!

Also, I had the best time celebrating National Volunteer Week with you all! The many laughs and fun moments shared daily were absolutely wonderful, as my heart smiled so many times that week – and it’s still smiling! You know, every volunteer at SOMC makes a difference, and therefore, I want each of you to know just how grateful we are for having you as a part of our organization in the past, present and future. You truly remain a heartfelt inspiration to all of us!

In closing, here’s wishing you a day full of sunny smiles and happy thoughts. Until next time...

Hugs & Smiles,

Jenny Lavender, Manager
Volunteer Services

Guild Fundraising

For those who have ordered flowers from the Pediatric Guild – orders will be available for pick on Tuesday, May 2nd from 9:00 a.m. – 5:30 p.m. at the Friends Community Center parking lot.

The Kardia Guild will host their popular “Scrub Sale” May 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!

On May 24th from 7:30 a.m. – 4 p.m. and May 25th from 7:30 a.m. – 3:00 p.m. “Books Are Fun” will return to support the Scioto Guild. This particular sale includes books, as well as gift items for all ages. Yes, unbelievable prices on hundreds of items!

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, May 3rd at 10:30 a.m. at Cornerstone United Methodist Church, which is located at 808 Offnere Street in Portsmouth.

The **Pleasure Guild's** next meeting will be held on Thursday, May 4th at 1:00 p.m. at Port City Cafe & Pub, which is located at 424 Chillicothe Street – Portsmouth.

The **Pediatric Guild's** next meeting will be held on May 10th at 12:00 p.m. The Scioto Ribber, which is located at 1026 Gallia Street – Portsmouth.

The **Hope Guild's** next meeting will be on May 12th at 11:30 a.m. at Gatti's Pizza, which is located at 1658 11th Street – Portsmouth.

The **Service Guild** will meet on May 17th at 12:00 p.m. at the SOMC Volunteer Office, which is located in the Waller Bldg., Suite 204A.

The **Kardia Guild** will meet on May 18th at 12:00 p.m. at The Donut Distillery, which is located at 416 Chillicothe Street – Portsmouth.



Afternoon Movie Matinee

On Friday, May 5th it's a volunteer "Movie Matinee" complete with soda and popcorn and **no admission fee!** Yes, we will be showing "80 For Brady" starring Sally Field, Lily Tomlin, Jane Fonda and Rita Moreno at the Portsmouth Public Library (meeting room in basement) beginning at 1:00 p.m. Inspired by a true story, of four best friends are living life to the fullest when they take a wild trip to the 2017 Super Bowl to see their hero Tom Brady play. An adventurous and heartwarming story that is sure to be enjoyed by all. 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!**

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.

Volunteers in Action

"No act of kindness, no matter how small, is ever wasted."



Melanie Hawk - Hospice.

Remember When?

Whether you are a child of the 50s and 60s, or simply a fan of those memorable years, here's an opportunity to enjoy recalling events, people, places, and things from your childhood, or that of your parents. Feel free to drop a line (email, letter or text) telling us about your favorite memory – we'd love to read and share.



- » Women would get dressed up to go shopping?
- » A popular bicycle accessory was a banana seat?
- » You used a rotary phone?
- » Your phone hung on the wall and had an extremely long cord (usually always tangled)?
- » Your milk, eggs, and other dairy products were delivered by a milkman?
- » You made coffee in a percolator
- » You called a number to get the correct time
- » School papers were copied by mimeograph with the acidic smelling purple ink
- » You called a refrigerator an ice box
- » There used to be no swearing on TV
- » Calling the operator to place a long-distance call
- » Phone numbers began with a word
- » You collected S&H Green Stamps for purchasing household items
- » Nurses dressed in white
- » You had to adjust the TV antennas to get a good signal
- » Playing outside all day and only coming in when the street lights came on
- » Using roller skates that had a key
- » 19 cent a gallon gas, 25 cent movies, and 10 cent popcorn
- » Ironing almost all of your clothes
- » Wringer washers and hanging your wash on a clothesline
- » Eating out was a special treat that only happened rarely and on special occasions
- » Soda fountains in drug stores
- » Saddle shoes and penny loafers
- » Rolling hair on sponge rollers or rag strips
- » Shopping the Sears and Montgomery Ward catalogs
- » The thrill when you could use white-out tape and later white-out liquid to correct mistakes
- » Eating TV dinners while watching a family-favorite program
- » Drinking orange-flavored TANG, made popular by John Glenn's space flight
- » Squeezing the packet of dye into the margarine to make it yellow

May Birthdays

5/1	Maria Benitez-Iglesias	5/16	Jinny Salyers	5/27	Beth Campbell
5/5	Carol Easter	5/16	Gerri Nourse	5/27	Cindy Brown
5/7	Jolene Green	5/17	Bradley Little	5/28	KC Chatfield
5/8	William Burke	5/18	Betsy Suber	5/28	Mackenzie Skiver
5/11	Helen Burke	5/18	John Euton	5/29	Jon Daniels
5/11	Connie Bailey	5/21	Ed Cable	5/31	Evie Phillips

New Volunteers

Corrine Woods
Molly Fields
Russell Shaw
Kenny Sanderlin

Volunteer Services to Recognize National Safety Month

THINK SAFE | ACT SAFE | BE SAFE

Safety is important year round, however with National Safety Month observed in June, Volunteer Services has designated the week of June 12 – 16 to increase awareness of health and safety risks to decrease injuries and health-related events among their volunteers. This particular week will be filled with educational and enlightening activities that you are sure to find not only beneficial, but enjoyable as well. On the agenda...

June 12 | Trip, Slip, Fall – Avoid Them All Bingo @ Wolford's Landing
Let's play Bingo with a safety twist that you are sure to enjoy while reinforcing how to avoid them all! Contact Volunteer Office to RSVP.

June 13 | Don't Croak – Prevent Heat Stroke
Volunteer Services will be giving out the cutest decorated frog sugar cookies (thank you Jet's) and informative literature to volunteers who stop by the office during this particular day!

June 14 | Don't Let Phishing Take Your Bait – Guarding yourself against virtual crime
Stop by the Volunteer Office and partake in the "Gone Phishing Bait Bar," where not only will you "snag" great info on keeping yourself safe from virtual crime, you will also be "hooked up" with some tasty treats too!

June 15 | Color Me Safe
Home Safety informative/Coloring Books will be available to all volunteers!

June 16 | It's Not the Destination it's the Journey – Road Trip Tips | Curbside Event @ Wolford's Landing
Be sure and stop by Wolford's Landing from 11am – 1pm for beneficial tips when planning your summer vacation, along with a swag bag filled with "road trip" snacks, as well as the opportunity to be entered into a drawing for a Roadside Car Emergency Kit.



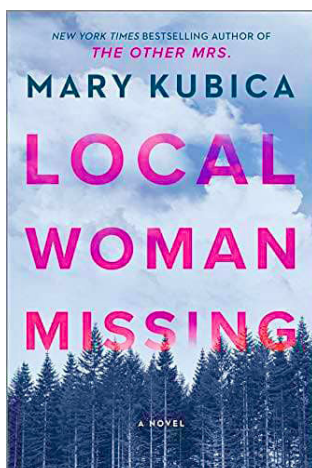
Did Someone Say BBQ?

It's a day to celebrate National BBQ Month, so mark your calendars for Thursday, May 11th from 11:30am – 1pm, as the Volunteer Office will be celebrating the occasion with a delicious BBQ Lunch, complete with a tasty BBQ Sandwich, Chips, Treat and Drink – Curbside at Wolford's Landing for their wonderful volunteers! For further information please contact the Volunteer Office at 740-356-8234 prior to the event. For information the day of the event phone 740-935-4306.



Did You Know

More calls are made on Mother's Day than any other day of the year. Reportedly there are approximately 122 million calls are made on the second Sunday of May every year.



Volunteer Book Club

The book chosen to discuss in May is "Local Woman Missing" by Mary Kubica. We are scheduled to discuss the title on May 20th at 1:00 p.m. at Wolford's Landing. If you are planning to attend please contact the Volunteer Office at 740-356-8234 to RSVP.

Never UNDERESTIMATE the POWER of a SMILE!

Hearing a bit of good news, getting a thank you from someone, or also doing something to make someone else laugh or smile – SOMC Volunteers shared just what makes them smile during Volunteer Week...

“Anytime I can help someone. When I see a newborn baby and when I see my grandchildren.”

– Donna Gregory

“Getting a Christmas and Easter card from a very special volunteer. Watching my great grandchildren play, and Jenny’s smile.”

– Carolyn Crabtree

“Seeing the sun shine in the morning. Meeting Kathy to walk at the track in the mornings. People I meet in the Gift Gallery and Same Day Surgery where I volunteer.”

– Jo Kennedy

“Being with my family. Helping another person. Dancing, especially Square Dancing. Gardening. Reading a good book and receiving happy news.

– Alberta Scherer

“Watching my youngest great grandson learning to walk – he is precious. My grand-dog Bo sitting for a treat. He is so smart! Meeting someone that it seems that you have known forever. Life makes me smile. Watching a beautiful sunrise and realizing that God is still in control.”

– Jan Martin

“A Spring day where everything turns beautiful again – God’s creation.”

– Sandy Cable

“Simple things make me smile – flowers blooming, lunch with a friend and hearing someone’s good news.”

– Kathy Blackburn

“The flowers and trees, the little guys who only come up to my knees. The sunrise, the sunset. Being with family is always best.”

– Ed Cable

People make me smile

The funny things
they say and do

Oh look this could be me

Or it could be you.

When you see a baby

It brings a smile to your face

They are so innocent

And full of grace.

God gave us nature

It’s all around you

Take time to look

And you will smile too.

Through all time and space

Nothing is better
than God’s grace.

Sometimes we may
not understand

But we are still in the
palm of God’s hand.

As we go through life
sometimes unaware

We are always in God’s
love and care.

Let’s be joyful and thankful
as we go our way

Because God has given
us one more day.

*Poetry written and submitted
by Ed Cable, SOMC Volunteer*

What's on the Menu

Cheesy Naan Breakfast Pizza

Such a versatile dish that is easily 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 not only satisfied your breakfast cravings – but, as the saying goes, “a pizza on your plate is a smile on 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 475 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

ANNOUNCEMENTS

- » Annual Volunteer Education – Return Documentation ASAP
- » Afternoon Movie Matinee – May 5 – 1pm
- » Jr. Volunteer Applications due – May 5
- » Curbside Event Wolford's Landing – May 11, 11:30am – 1pm
- » Mother's Day – May 14
- » Volunteer Book Club – May 20 – 1pm
- » Memorial Day – May 29
- » Volunteer Office and Gift Gallery Closed – May 29 in observation of Memorial Day
- » Volunteer Safety Awareness will be observed June 12 – 16
- » Volunteers are being sought for the following departments: Gift Gallery, Same Day Surgery and Hospice. If you are interested in obtaining further information, please contact the Volunteer Office at 356-8234.
- » 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

Being A Mother

After 21 years of marriage, my wife wanted me to take another woman out to dinner and a movie. She said, "I love you, but I know this other woman loves you too, and she would love to spend some time with you." The other woman that my wife wanted me to visit was my MOTHER, who has been a widow for 19 years, but the demands of my work and my three children had made it possible to visit her only occasionally.

That night I called to invite her to go out for dinner and a movie. "What's wrong, are you well?" she asked. My mother is the type of woman who suspects that a late night call or a surprise invitation is a sign of bad news. "I thought that it would be pleasant to spend some time with you," I responded.

"Just the two of us." She thought about it for a moment, and then said, "I would like that very much." That Friday after work, as I drove over to pick her up, I was a bit nervous.

When I arrived at her house, I noticed that she, too, seemed to be nervous about our date. She waited in the door with her coat on. She had curled her hair and was wearing the dress that she had worn to celebrate her last wedding anniversary. She smiled from a face that was as radiant as an angel's. "I told my friends that I was going to go out with my son, and they were impressed," she said, as she got into the car. "They can't wait to hear about our meeting."

We went to a restaurant that, although not elegant, was very nice and cozy. My mother took

my arm as if she were the First Lady. After we sat down, I had to read the menu. Her eyes could only read large print. Half way through the entries, I lifted my eyes and saw Mom sitting there staring at me. A nostalgic smile was on her lips. "It was I who used to have to read the menu when you were small," she said. "Then it's time that you relax and let me return the favor," I responded. During the dinner, we had an agreeable conversation - nothing extraordinary but catching up on recent events of each other's life. We talked so much that we missed the movie. As we arrived at her house later, she said, "I'll go out with you again, but only if you let me invite you." I agreed.

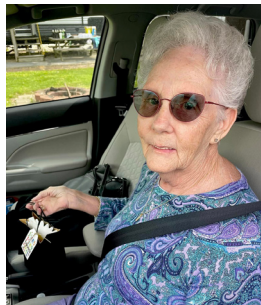


"How was your dinner date?" asked my wife when I got home. "Very nice. Much more so than I could have imagined," I answered. A few days later, my mother died of a massive heart attack. It happened so suddenly that I didn't have a chance to do anything for her. Sometime later, I received an envelope

with a copy of a restaurant receipt from the same place mother and I had dined. An attached note said: "I paid this bill in advance. I wasn't sure that could be there; but nevertheless, I paid for two plates - one for you and the other for your wife. You will never know what that night meant for me. I love you, son." At that moment, I understood the importance of saying in time: "I LOVE YOU" and to give our loved ones the time that they deserve. Nothing in life is more important than your family. Give them the time they deserve, because these things cannot be put off till "some other time."

Volunteer Week

Sometimes, it is as simple as a kind word, a gentle touch, or a listening ear that touches the heart of those who are sick, in pain, or lonely. And it is the generous gift of time that volunteers offer to make that contact, provide the support, hope, and strength for someone to face another day, offer encouragement, or perhaps merely provide a little humor to make a person's day more bearable. Undeniably, this is what the Volunteers of Southern Ohio Medical Center do time and again as they make a difference in the lives of those they touch. As Volunteer Services wrapped up National Volunteer Week (April 17-21), with a curbside lunch at Wolford's Landing, it truly was a fabulous week celebrating these remarkable individuals!



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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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!