

Friend Friend

VOLUNTEER NEWSLETTER
NOVEMBER 2023

Nancy Casey & Florence Crump – Gift Gallery & Hope Guild

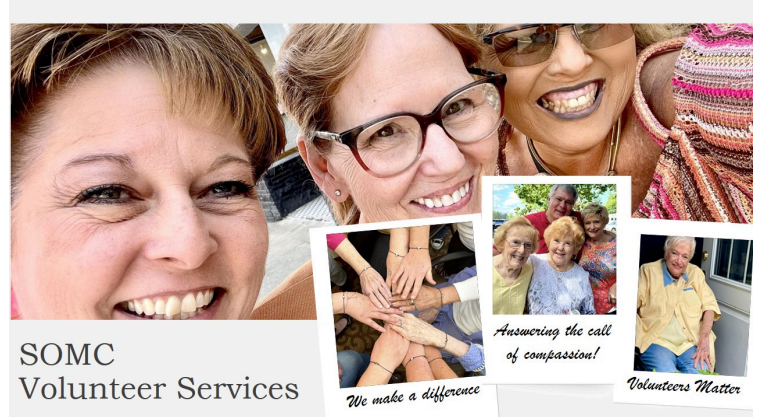


A Note from Jenny

With Thanksgiving quickly approaching, this is the perfect time to express our thankfulness, gratitude, appreciation and any uncounted blessings we may have. So without further ado, what am I thankful for...YOU! Yes, SOMC truly has the greatest group of volunteers anywhere! You are positive, up-beat, always willing to go the extra mile, and with that I honestly couldn't be more blessed to be working alongside you every single day! You are truly a blessing that I count daily! So thank you all for every smile, every helping hand and for all the other wonderful things you do to make SOMC such a fabulous place to volunteer.

Speaking of "uncounted blessings," in life we receive so many blessings, almost uncounted, and therefore it is kind of uplifting to think about how we have been blessed and didn't even realize it! Think about it. How many times has someone randomly said to you "Bless You," or "Have a Blessed Day" throughout your day? There you go...most likely an "uncounted blessing." However, volunteering is definitely not one that we can readily forget when it comes to blessings, as not only have you touched the lives of our patients, staff and visitors – you have touched the lives of each other, and me in more ways than you could possibly ever count! With this, I thought you too might enjoy the following poem...

*Whenever we gather together,
Some words are not easy to find,
But love speaks a common language
When people have ties that bind.
We don't always say what we're feeling
As often as we should;
We don't count our blessings out loud,*



*But somehow they're understood.
We know that we're thankful for living
With the comfort of each other's care;
We're grateful for memories and stories,
And the laughter that we share.
We might leave a promise unspoken,
But we know that we're loyal and true;
We can count on each other through life,
In the sunshine and shadows, too.
These blessings can never be counted
Like money or gold dividends;
They can only be shared as the love that exists,
When volunteers are more than friends.*

In closing, I wish each of you a joyous and peaceful Thanksgiving, and may you be blessed with the company of loved ones, as you think about the importance of old and new friends. Be safe, and take time to reflect on your many blessings as well. Much love to all!

Hugs and Smiles,

Jenny Lavender, Mgr. Volunteer Services



Volunteer Gratitude Thanksgiving Pumpkin

When you are in the midst of a busy day, it is so easy to forget about the things for which you're grateful for. With this in mind, Volunteer Services is putting the "thanks" back in Thanksgiving with a Volunteer Gratitude Pumpkin for our volunteers to enjoy and recall meaningful moments inspired by volunteering at SOMC. The Volunteer Gratitude Pumpkin will be available in the Gift Gallery for your convenience beginning November 1st.

Guild Fundraising

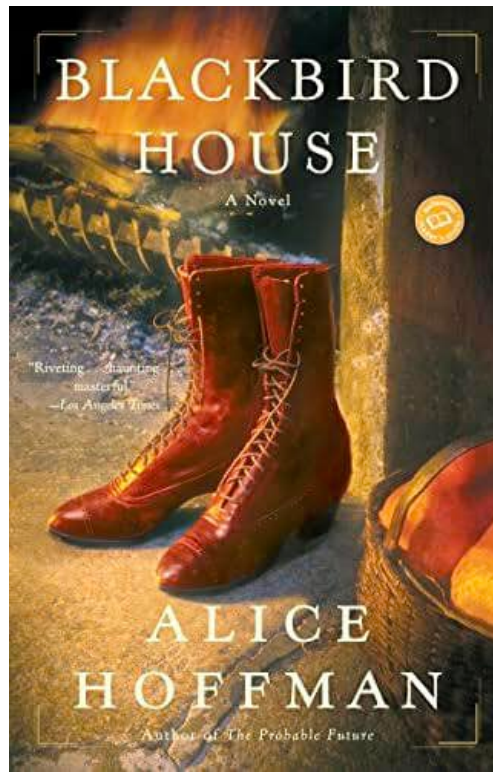
The Service Guild will host their popular "Rada" sale on November 15th – November 16th from 8:00am – 3:00pm in the Waller/ED Corridor. Whether you are an avid cook or getting a head start on your holiday shopping, there are plenty of products to choose from and Rada Cutlery really is the perfect gift for any occasion!

The Pleasure Guild is excited to have the opportunity to bring back their "Sweet Shop" Sale on November 20th – 21st from 7:30am – 4:00pm (both days), in the Waller/ED Corridor.

The Pediatric Guild will host their popular "Linen" Sale, which is scheduled for November 29th – November 30th from 7:00am – 4:00pm in the Waller/ED Corridor (both days). This particular sale offers a full range of sheet sets in a variety of sizes and colors!

The Pediatric Guild will offer their annual "Greenery, Poinsettia & Garland" sale again this year. Orders will be accepted through November 16th, you may contact any Pediatric Guild member or place online at www.somc.org/wreath. Pickup is scheduled for 9:30am – 12:30pm on November 22nd at the Friends Center – with curbside service. Please note that payment for your order will be required at time of pickup.

Wrapping up the Month of November, "Mary's Spirit Shop" will offer an In-Store Sale November 29 – December 1st during normal business hours (10:00am -5:30pm).



Volunteer Book Club

The book chosen to discuss in November is "Blackbird House" by Alice Hoffman and the group is scheduled to discuss the title on November 18th at the home of Jenny Lavender, for a "Friendsgiving" themed Book Club get-together. For further information or to RSVP, as space is limited, please contact the Volunteer Office at 740-356-8234.



Check Out SOMC Volunteer Services on Facebook!

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/>



Kentucky Chef Cookbook Now Available at SOMC Gift Gallery

If you missed the great book signing event in September in Garrison, KY featuring Chef Jason Smith, his best-selling cookbook is now available in the SOMC Gift Gallery! Lord Honey, stop in today and get a copy for yourself, or a gift for that special cook in your life! Either way, this exciting cookbook is so full of fabulous and tasty

recipes that it is sure to have you “grinnin’ like a possum eatin’ a sweet tater!” The Gift Gallery is open Monday – Thursday, 8 a.m. – 4 p.m. and Friday 8 a.m. – 12 p.m. For further Gift Gallery information please call 740-356-8360.



Cookies & Cocoa

Yes, pies are great and during the holidays a must, but cookies are delicious, without all the fuss – LOL. Be sure and stop by the Gift Gallery on Tuesday, November 15th from 11:00 a.m. – 1:00 p.m. for “Cookies & Cocoa” to celebrate the upcoming holiday season!



Did You Know...

Did you know that Black Friday, the day after Thanksgiving, which is widely known as the biggest Christmas shopping day in America is actually not the biggest shopping day? In fact, the Saturday before Christmas has historically been the largest volume shopping day.



Volunteer Café & Grill Serves Up Homemade Soup to Their Volunteers

Soup is a lot like volunteers... Each ingredient enhances the others... Each batch has its own characteristics... and all ingredients need time to simmer to reach full flavor. Volunteer Services so enjoyed serving homemade Tomato Basil Tortellini Soup on October 12th to several volunteers who stopped by the Volunteer Café & Grill during lunchtime.



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, November 3rd at The Robin's Nest in Jackson – bus will depart the Friends Center at 11 a.m. that morning.

The **Pleasure Guild's** next meeting will be on Thursday, November 2nd at 1:00 p.m. at Bob Evans, which is located at 1314 Gay Street in Portsmouth.

The **Pediatric Guild's** next meeting will be held on Wednesday, November 8th at 12:00 pm at Belini's, which is located at 603 Chillicothe Street in Portsmouth.

The **Hope Guild's** next meeting will be held on Friday, November 10th at 11:30 a.m. at Mex-Itali Inn Restaurant, which is located at 850 SR-239 in West Portsmouth.

The **Kardia Guild's** next meeting will be on November 16th at 12:00 p.m. at Mex-Itali Inn Restaurant, which is located at 850 SR-239 in West Portsmouth.

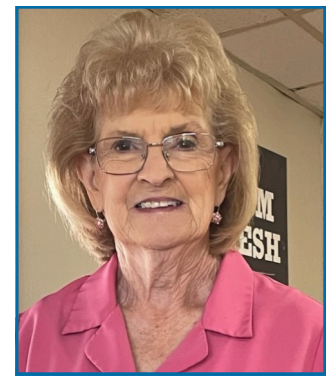
The **Service Guild's** next meeting will be on Friday, November 17th at 10:00 a.m. at Patsy's Inn, which is located at 1016 Clay Street in Portsmouth.



Carolyn Crabtree &
Donna Gregory –
Gift Gallery



Mary Moore –
President, Pleasure
Guild Meeting



Sandy Cable –
President, Hope
Guild Meeting

Volunteers in Action

*“Nothing teaches hope, kindness, courage,
and compassion like helping others.”*

November Birthdays

11/1	Ethan Hochstetler
11/3	William Powell
11/3	Carol Davis
11/5	Jeremy Call
11/6	Jan Martin
11/8	Brenda Keaton
11/9	Caitlin Kennard
11/9	Betty Morgan
11/11	Merrill Wood
11/14	Darla Fraley
11/15	Mamie Snook
11/17	Kimberly Bennett
11/18	Mary Kay Marshall
11/19	Suzie Hunter
11/19	Barbara Burke
11/20	Lorraine Fraley
11/24	Emily Marvin
11/24	Ashley Musser
11/25	Lori Davis
11/28	Jeannine Brown
11/29	Ann Kirby
11/29	Allan Rigoni
11/30	Dorothy Glover

New Volunteers

Casey Mahoney
Linda Harness
Kevin Dunaway
Grace Ashley
Wyatt Crawford
Lilly Madden



Leaves Are Changing

As the leaves surely change with time, so do we.

We grow and we learn, from the things that we see.

Everything makes a difference, whatever subtle or grand;
The heart can grow stronger, and the mind will expand.

It's true, we're affected by everything that's been said.

Every movie we've watched and all the books that we've read.

Though just like the leaves, no two are akin;

Each one is unique like every person within.

And just like the seasons, we're all changing as well,

For our lives are each different, as are the stories we tell.



Therapy Dog Makes A Pawsitive Impact @ SOMC

Patients aren't the only ones who light up when animals enter our hospital. Just ask the staff at SOMC! Yes, Yeti, SOMC's volunteer therapy dog for Hospice and Rehab, and his mom Catherine Del Valle began an additional commitment on October 16th - bringing joy and comfort to SOMC staff as well... and what an overwhelming impact his visit made.

ANNOUNCEMENTS

- > Volunteer Grateful Pumpkin – Begins November 1 – available in the Gift Gallery
- > Daylight Saving Time Ends – November 5th – Remember to set your clocks back one hour!
- > Gift Gallery opens on November 6th at 8am fully decorated and ready for Christmas
- > “Cookies & Cocoa” – November 14th – Gift Gallery
- > Guild President’s Meeting – November 20th – Executive Conference Room
- > Volunteer Book Club – November 18th
- > The Gift Gallery and Volunteer Office will close at 12pm on Wednesday, November 22nd, and will remain closed on Thursday, November 23rd and Friday, November 24th in observance of the Thanksgiving holiday.
- > Sadie Snowflake returns – Monday, November 27th
- > 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 - Stories can inspire, comfort and educate, therefore we would love to share them with other volunteers!

What's on the Menu

Skillet Cheddar Biscuits & Gravy

This is the perfect dish to conjure up to provide that sense of warmth and satisfying feeling on a hectic and chilly evening, and it is super easy to make. Besides...one pan and a bowl = less mess!

Biscuits

- > 1-1/2 cups Original Bisquick mix
- > 1/2 cup milk
- > 1 cup shredded white Cheddar cheese (4 oz.)

Gravy

- > 2 tablespoons butter
- > 1 pound bulk breakfast sausage
- > 1/4 cup all-purpose flour
- > 3 cups milk
- > Salt & Pepper - to taste



Heat oven to 400 degrees. In a medium bowl, stir together Bisquick and the 1/2 cup milk and stir until well mixed. Stir in cheese then set aside. In a 10-inch cast-iron or ovenproof skillet, melt butter over medium-high heat. Add the sausage and cook stirring frequently, until browned and no longer pink. Add flour and cook stirring frequently, until thickened. Stir in 3 cups of milk and heat to boiling, boil for 1 minute then remove from heat. Add salt and pepper to taste. Next, drop biscuit dough in 8 large spoonfuls (A medium cookie scoop works great for this) onto hot sausage gravy and bake for 14 to 16 minutes or until biscuits are golden brown.

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 (October 1 – March 31). The goal of mandatory flu immunization is to help protect our patients, staff and volunteers from flu and the risks it poses. If you should have any questions or need additional information please feel free to contact the Volunteer Office at 740-356-8234.

A Thanksgiving Poem

Twas the night of
Thanksgiving, but I just
couldn't sleep,
I tried counting backwards,
I tried counting sheep.
The leftovers beckoned -
the dark meat and white,
But I fought off the
temptation with all of my
might.

I tossed and I turned with
sweet anticipation,
As the thought of a snack
became infatuation.
So I raced to the kitchen,
flung open the door
And gazed at the fridge,
full of goodies galore.

I gobbled up turkey and
battered potatoes,
Pickles and carrots, beans
and tomatoes.
I felt myself swelling so
plump and so round,
'Til all of a sudden, I rose off
the ground.

I crashed through the
ceiling, floating into the sky
With a mouthful of
pudding and a handful of
pie.
But I managed to yell as I
soared past the trees...
Happy eating to all! Pass
the cranberries, please!



Sadie Returns November 27th

It's me, Sadie, and I'll soon be back to play,
I've missed you very much this year,
while I've been away.

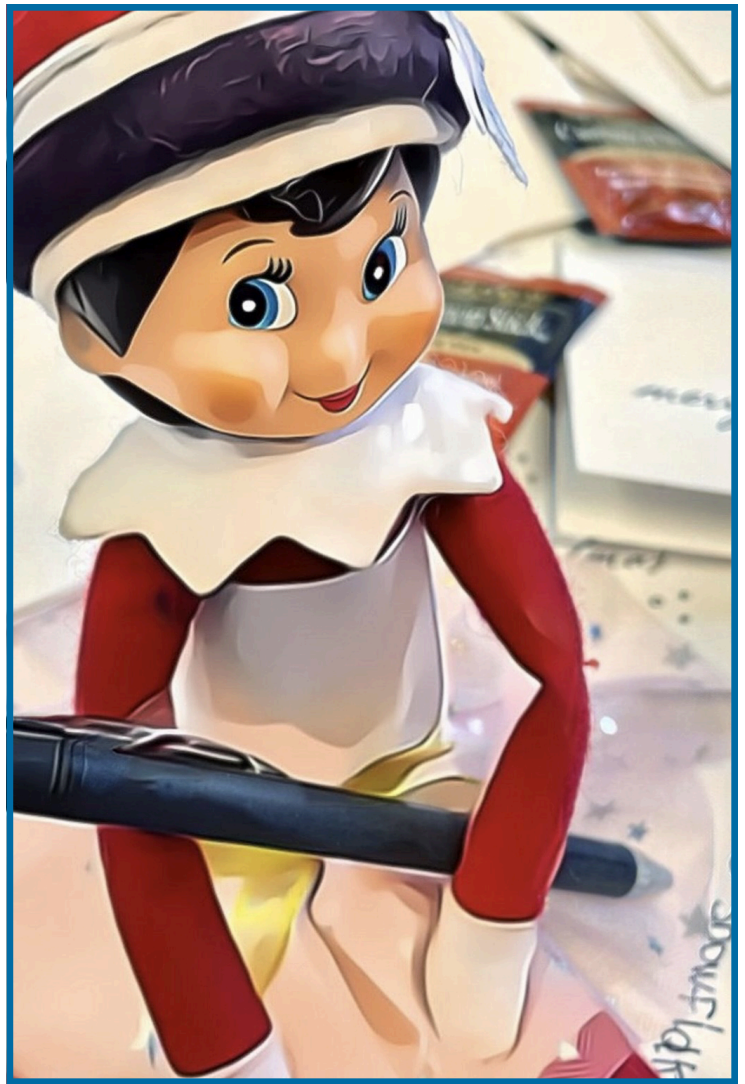
Now Christmas time is coming,
and there's so much fun to have,
Our days will then be filled,
with mischief, smiles and laughs!

Santa's been watching you all throughout this year,
Seeing all you've done, has filled him beyond cheer!
Remember each night I'll head "North" to say,
What we've been up to each and every day.

When I return, I'll find a place to spy,
Because Santa says it's important,
to keep a watchful eye!
So remember each day to look for me,
As I'm sure I'll make you chuckle,
wherever I might be!

Love and holiday ((hugs)),
Sadie Snowflake, SOMC Volunteer Elf

P.S. Be sure to watch each day after I return for
notes, photos and all my antics on Jenny, Sherri's &
the SOMC Volunteer & Gift Gallery Facebook pages
– with this you will soon discover why I wear Jenny
out each season – hee hee!



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.



Volunteer Trip Planned

On Friday, December 1st the Volunteer Office has scheduled a fun and exciting holiday shopping trip to the Huntington Mall just in time for Christmas! The trip includes shopping at the Huntington Mall, Target Shopping Center and a stopover at Cracker Barrel for a delicious meal (on your own). We will leave the Friends Center at 8:30 a.m. (sharp) and return by 5:00 p.m., with the cost of \$20 per person. Space is limited, and your \$20.00 must be paid at the time reservation is made for your seat to be held. Reservation fees are non-refundable. So grab your wallet or purse, throw on a comfortable pair of shoes and join us as we shop 'til we drop!

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

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

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!

Southern Ohio Medical Center

Very Good things are happening here