

# Friend Friend

## VOLUNTEER NEWSLETTER MAY 2024



Elaine Litten & Shelby Powell  
– Pleasure Guild

### A Note from Jenny

Hello Spring - and to you!  
Hope this note finds you well  
and enjoying this beautiful  
sunny and warm weather!  
Just think, it won't be long  
Summer will be on the horizon  
and even warmer days are  
ahead – I am definitely ready!

I must say, that 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! With that, I  
want each of you to know just  
how grateful and appreciative  
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! As I always say,  
“best volunteers EVER!”

I was sharing with our CEO just  
the other day, a recent story  
about our volunteer Yeti and  
Catherine, noting that it doesn't  
matter if our volunteers have  
two or four legs – each and  
every one makes a difference  
in their own unique and  
special way, and therefore  
gearing up towards volunteer  
week our CEO composed the  
message below to all staff...

*Team -*

*Following a tragic accident that left him  
with a life-altering injury, a young man was  
admitted to SOMC Inpatient Rehab. With the  
team's support, he made significant progress,  
and after a few weeks, he was ready to leave.*

*Before his discharge, his family hoped an  
SOMC volunteer could encourage him as  
he began the next phase of his recovery.  
They had a specific volunteer in mind.  
The man hadn't seen his dog since the  
accident. He missed him a lot. And his dog  
happened to look like our volunteer, Yeti.*

*Preparing Yeti for a hospital visit takes  
time and effort, so the night his handler  
got the word, she got to work. And the next  
afternoon - after she finished her day job  
- Yeti's handler led him to the young man's  
room. And it was just what the doctor ordered.*

*Volunteers make a difference.*

*When thanked for going out of her way, Yeti's  
handler said, “If you saw the difference it  
makes, you would too.” And each of SOMC's  
hundreds of volunteers feels the same way.  
No matter their role—or species—they  
donate their time and talent because they  
are committed to making a difference.*

*Next week is Volunteer Week. If you see  
an SOMC volunteer, please thank them for  
all they do to help us meet our mission.*

**Thank you all,**  
- Ben



Yes, SOMC is BEYOND BLESSED to  
have such amazing volunteers  
who truly support and give  
so willingly of their time,  
talent and love of others.

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 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 1st at 10:30 a.m. at the home of member Donna Chabot.

The **Pleasure Guild's** next meeting will be held on Thursday, May 2nd at 1:00 p.m. at The Scioto county Welcome Center, which is located at 342 Second Street – Portsmouth.

The **Pediatric Guild's** next meeting will be held on May 8th at 12:00 p.m. in the Medical Library located on the main SOMC campus.

The **Hope Guild's** next meeting will be on May 10th at 11:30 a.m. at Pizza Hut, which is located at 2106 Scioto Trail – Portsmouth.

The **Service Guild** will meet on May 15th 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 16th at 12:00 p.m. at Mex-Itali Restaurant, which is located at 850 State Route 239 – West Portsmouth.

## Volunteers in Action

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



Linda Goodan – Hospice.  
Linda spent Easter visiting Hospice patients as the Easter Bunny.



Cody Metzler, Adam Schwamberger,  
Gwen Sparks, Alex Wallace –  
Workforce Development.

## 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.

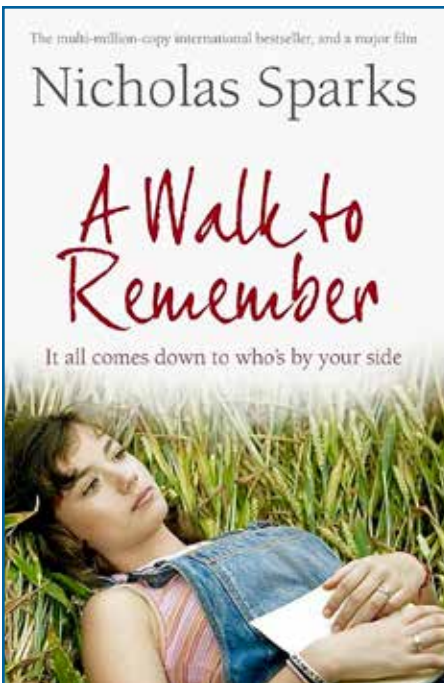
## Have You “Liked” Us Yet On Facebook?

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:

facebook

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





## Volunteer Book Club

The book chosen to discuss in May is “A Walk to Remember” by Nicholas Sparks. We are scheduled to discuss the title on Sunday, May 19th at 2:00 p.m. at Wolford’s Landing. If you are planning to attend please contact the Volunteer Office at 740-356-8234 to RSVP.



## Did You Know?

The longest running Memorial Day parade takes place in the town of Ironton, southern Ohio, where they have had a parade every year since 1868.

## May Birthdays

- 5/1 Maria Benitez-Iglesias
- 5/5 Carol Easter
- 5/7 Jolene Green
- 5/7 Mimi Clausing
- 5/7 Cody Metzler
- 5/8 William Burke
- 5/11 Helen Burke
- 5/11 Connie Bailey
- 5/16 Jinny Salyers
- 5/16 Gerri Nourse
- 5/18 Betsy Suber
- 5/18 John Euton
- 5/21 Ed Cable
- 5/22 Tom July
- 5/27 Cindy Brown
- 5/28 KC Chatfield
- 5/29 Jon Daniels

## Guild Fundraising

The Service Guild will host their popular “RADA Sale” on May 6th in the Waller/ED Corridor from 8:00 a.m. – 3:00 p.m. Whether you are looking for a great gift for Mother’s Day, upcoming wedding or birthday, RADA Cutlery really is the perfect gift for any occasion!

On May 22nd from 8:00 a.m. – 4 p.m. and May 23rd from 8:00 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 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.

# What's on the Menu

## Crockpot BBQ Chicken Drumsticks

This simple recipe is wonderful for those particular weekend days where you would rather spend time outside than in the kitchen, as these drumsticks are tossed with a simple rub, topped with BBQ sauce, placed in the crockpot to cook and then ran under the broiler before serving to absolute perfection!

### Ingredients

- » 3 pounds chicken drumsticks skinless or skin-on
- » 2 cups BBQ sauce divided
- » 1 teaspoon garlic powder
- » 1 teaspoon onion powder
- » 1 teaspoon paprika
- » 1 teaspoon salt
- » 1 teaspoon black pepper

Pat the chicken drumsticks dry with paper towels, trimming excess skin (remove the skin if you like). In a small bowl, combine seasoning ingredients. Arrange chicken in a 6-quart slow cooker, sprinkling and patting seasoning over both sides of the drumsticks. Brush 1 cup of BBQ sauce onto all sides of the chicken, then cover and cook on low heat for 5-6 hours or on high for 3-4 hours. Remember - Chicken is cooked through when the internal temperature reaches 160-165 degrees F.

**Optional step:** Turn the broiler on in your oven and place the oven rack in the top third of your oven. Line a large baking sheet with nonstick foil and arrange chicken skin side up on the baking sheet. Brush with additional cup of BBQ sauce and broil until the skin begins to brown and crisp up; about 3-5 minutes. Also, use your favorite BBQ Sauce for this recipe.



## ANNOUNCEMENTS

- » Annual Volunteer Education – Return Documentation ASAP
- » Jr. Volunteer Applications due – May 6
- » Mother's Day – May 12
- » National Apple Pie Day – May 13 – Volunteer Office, 11am – 1pm
- » Volunteer Book Club – May 19 – 2pm
- » Memorial Day – May 27
- » Volunteer Office and Gift Gallery Closed – May 27 in observance of Memorial Day
- » Volunteer Safety Awareness will be observed June 10 – 14
- » Volunteers are being sought for the following departments: Gift Gallery, Heart & Vascular and Hospice. If you are interested in obtaining further information, please contact the Volunteer Office at 740-356-8234.
- » 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](mailto:lavendej@somc.org)



## Volunteer Services to Recognize National Safety Month

Safety is important year round, however with National Safety Month observed in June, Volunteer Services has designated the week of June 10 – 14 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. So stay tuned for information to follow in an upcoming mailing!

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## Volunteers Achieve Service Milestones

Congratulations to the following SOMC volunteer hour award recipients, as they reached service milestones and were recognized during National Volunteer Week

### 100 Hours

Kathy Arnett  
Cindy Brown  
Ed Cable  
Catherine DelValle & Yeti  
Jennie Entler  
Jessica Evans  
Megan Gleadle  
Sonja Jarrells  
Jo Kennedy  
Chuck Kurtz  
Jan Martin  
Tanner Preston  
Jinny Salyers  
Tanner Stevenson  
Willa Tanner

### 250 Hours

Diane Applegate  
Kathy Blackburn  
Cindy Brown  
Ed Cable  
Lexy Carter  
Linda Crabtree  
Jennie Entler  
Jo Kennedy  
Chuck Kurtz  
Jan Martin  
Peggy Pollard  
Laura Roberts

### 500 Hours

Freda Billiter  
Kathy Blackburn  
Ed Cable  
Lexy Carter  
Ester Collier  
Jo Ann Hall  
Jack Jennings  
Betty Kennedy  
Jo Kennedy  
Elaine Litten  
Jan Martin  
Mary Moore  
Patricia Pasquinelli  
Eloise White

### 1,000 Hours

Glenna Arnett  
Kathy Blackburn  
Melanie Hawk  
Jo Kennedy  
Mary Moore  
Sharon Pertuset

### 2,000 Hours

Tom Bennington  
Sandy Cable  
Ralph Clay  
Carolyn Crabtree  
Donna Gregory  
Melanie Hawk  
Todd Pelphrey  
Dorothy Riddlebarger  
Paul Wagner  
Joyce White

### 3,000 Hours

Nancy Casey  
Shelby Powell  
Delone Shabazz  
Paul Wagner  
Merrill Wood

### 4,000 Hours

Karen Wood

### 5,000 Hours

Margy Jordan  
Sandy Murta  
Karen Wood

### 6,000 Hours

Margy Jordan  
Sandy Murta



# 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 22-26), with a curbside lunch at Wolford's Landing, it truly was a fabulous week celebrating these remarkable individuals!











## 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 gathering is scheduled for Tuesday, May 28th 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 740-356-8234.



## Happiness Served In A Slice...

Looking for an excuse to enjoy a delicious slice of apple pie? If so, come celebrate with us on Monday, May 13! Yes, Volunteer Services will be serving up this favorite dessert to their volunteers from 11am - 1pm in the volunteer office to celebrate the occasion. So mark your calendars and stop by, because sometimes all you need is a piece of pie! For further information please contact the Volunteer Office at 740-356-8234.

## From the Volunteer Vault, 1975...

Presidents of SOMC Guilds.

**Back Row, L-R:** Anna Stillwell - Coterie, Mrs. David Loft - Scioto, Martha Gilmer - Hope and Mrs. Charles Carpenter - Silver.

**Front Row, L-R:** Mrs. Nathaniel Shane - Aracoma, Mrs. Meyer Levine - Service, Mrs. George Keeney - Pleasure, Mrs. James Bennett - Omega, and Mrs. Harold Herdman - Shanoah.



## NEW Volunteers

Cody Metzler

Alex Wallace

Emilie Riley

Adam Schwamberger

Marcellus Woods

Gwen Sparks



## Eclipse Mode Activated

Volunteer Services didn't leave their volunteers in the shadows the day of the total solar eclipse (4/8), as they distributed "Moon Pies" to their volunteers to celebrate the occasion!



## My Wish For You'

Wishing you songbirds  
to welcome each morning,

Wishing you flowers  
to brighten each spring,

Wishing you laughter,  
and sharing and caring,

And all of the joy  
that each new day  
can bring!

**Happy Mother's Day!**



## Show your SOMC Volunteer Badge & Save!

Yes, volunteers now have the opportunity to receive a special discount by showing your SOMC Photo ID badge at the following locations!



### **Applebee's**

4610 Gallia Street  
New Boston, OH 45662  
(740) 456-5200  
10% discount

### **Big Sandy Superstore (Portsmouth)**

730 10th Street  
Portsmouth, OH 45662  
(740) 354-3193  
Free local delivery with a  
purchase of \$999.99

### **Fork & Finger**

232 2nd Street  
Portsmouth, OH 45662  
(740) 353-8500  
10% discount

### **Arby's (Portsmouth Location Only)**

1202 Chillicothe Street  
Portsmouth, OH 45662  
(740) 353-8226  
10% discount – Note SOMC  
when ordering, then show  
badge at window

### **Buffalo Wild Wings**

1611 Chillicothe Street  
Portsmouth, OH 45662  
(740) 355-1299  
10% discount. Excludes alcohol

### **Gatti's**

1658 11th Street  
Portsmouth, OH 45662  
(740) 353-4000  
10% discount after 2pm  
and on weekends

### **Automania**

3521 Rhodes Avenue  
New Boston, OH 45662  
(740) 876-9155  
10% discount

### **Express Oil Change & Tire Engineers**

2402 Gallia Street  
Portsmouth, OH 45662  
(740) 529-7295  
10% discount off mechanical.

### **Glockner GM Superstore**

4368 St. Rt. 23  
Portsmouth, OH 45662  
(740) 353-2161  
Preferred pricing on  
new vehicles

### **Bazaar Home Fashions**

7958 Ohio River Road  
Wheelersburg, OH 45694  
(740) 514-0777  
15% off entire order

\$10.00 off oil change  
\$100.00 off the purchase  
of set (4) tires

### **Hickie's Hamburger**

3800 Rhodes Avenue  
New Boston, OH 45662  
(740) 456-9953  
10% discount



### **Jet's Gourmet Popcorn**

1714 11th Street  
Portsmouth, OH 45662  
(740) 961-5387  
10% discount

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### **Mary's Spirit Shop**

2109 Gallia Street  
Portsmouth, OH 45662  
(740) 353-8861  
10% discount. Excludes  
sale items, vinyl and SOMC  
Fundraising Sales

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### **Mustain Muffler & Brake Shop**

7471 OH 139  
Lucasville, OH 45648  
(740) 355-9540  
10% discount, must  
request discount when  
scheduling appointment

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### **Osborne's Cleaners**

1601 12th Street  
Portsmouth, OH 45662  
(740) 354-2440  
10% discount

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### **Patsy's Inn**

1016 Clay Street  
Portsmouth, OH 45662  
(740) 353-5904  
10% discount –  
Wednesdays Only

### **Penn Station**

1605 Chillicothe Street  
Portsmouth, OH 45662  
(740) 353-8300  
10% discount

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### **Port City Café & Pub**

424 Chillicothe Street  
Portsmouth, OH 45662  
(740) 355-9015  
20% discount – Tuesdays Only

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### **Shoe Sensation**

3624 Rhodes Avenue  
New Boston, OH 45662  
(740) 456-5777  
10% off regular price. Excludes  
clearance and best deals

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### **Sleep Outfitters**

833 11th Street  
Portsmouth, OH 45662  
(740) 354-4296  
10 – 15% off mattress sets  
and up to 50% off soft  
goods (pillows, sheets  
an mattress pads)

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### **Sonora Mexican Grill**

1701 Grandview Avenue  
Portsmouth, OH 45662  
(740) 353-1444  
10% discount

### **Subway**

Portsmouth  
Lucasville  
Waverly  
West Portsmouth  
5% discount

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### **The UPS Store**

1712 11th Street  
Portsmouth, OH 45662  
(740) 353-7700  
15% discount

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### **Toro Loco**

701 Washington Street  
Portsmouth, OH 45662  
(740) 354-0407  
10% discount – anytime.  
Tuesdays 20% off

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### **Trent & Tony Knittel's Service Center**

1012 Lincoln Street  
Portsmouth, OH 45662  
(740) 353-5823  
10% discount on parts and  
labor - \$100.00 maximum

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### **Unger Shoe Store**

304 South Third Street  
Ironton, OH 45638  
(740) 532-5954  
15% discount

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### **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)

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