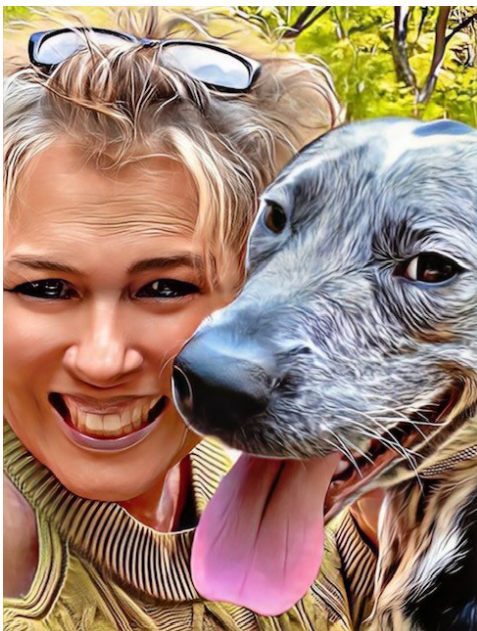


Friend Friend

VOLUNTEER NEWSLETTER
JULY 2023



Aleza Smith – Volunteer,
MSCU & SVCU



A Note from Jenny

What a phenomenal summer this is turning out to be – sunny days that go and go, an abundance of sunshine, laughter and endless adventures and enjoyable moments spent with my wonderful volunteers! Yes, I'll be the first to admit that I brag about my exceptional volunteers everywhere I go and to everyone I encounter! Your hard work, dedication and genuine passion of helping others is truly amazing and inspiring, and I can't

tell you enough just how fortunate I am to have the opportunity not only to have you as the heart of SOMC, but to personally have the privilege of hearing the great stories of friendship, participating in a good laugh or to simply share a smile with you – it's true, you absolutely continue to warm my heart time and time again!

When it comes to this particular time of year, I have to admit, more than one's heart gets a little warm! So, how many of you have ever spent a hot summer day just trying out different ice cream flavors? Eventually, you had to stick with your favorite one and treat yourself to a big cool and satisfying cone, right? Well, with this in mind, and

to celebrate good Ol' Summer, be sure and stop by Wolford's Landing Campground on July 13th between 11:30 a.m. – 1 p.m., as Sherri and I will be serving up cool and refreshing ice cream cones to our wonderful and "sweet" volunteers!

In closing, here's wishing you all the fun that the 4th of July holiday holds for you and your family, as no July celebration is complete without family, friends, fireworks and fun! Happy 4th to my amazing volunteers!

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 recess for July & August and reconvene in September 2023.

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

The **Pleasure Guild's** next meeting will be held on Thursday, July 6th at 1:00 p.m. at The Donut Distillery, which is located at 416 Chillicothe Street in Portsmouth.

The **Hope Guild's** next meeting will be on July 7th at 11:30 a.m. at Ponderosa, which is located at 8801 Ohio River Road in Wheelersburg.

The **Pediatric Guild's** next meeting will be held on July 12th at 12:00 p.m. at Port City Café & Pub, which is located at 424 Chillicothe Street in Portsmouth.

The **Kardia Guild** will meet on July 20th at 12:00 p.m. at Gatti's, which is located at 1658 11th Street in Portsmouth.



Russell Shaw –
Nutrition Services



Joyce Payton and Donna
Gregory – Perinatal
Loss T-Shirt Sale

Volunteers in Action

“Remember, the happiest people are not those getting more, but those giving more.”



Rosalee Greene and Deb McGinnis
– Scioto Guild Fundraising Sale

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.

Guild Fundraising

The Hope Guild will host their popular “shoe sale” at Scioto Shoe Mart July 10th – 15th from 9:30 a.m. – 8:00 p.m. each day at the store location (615 Harding Ave., Sciotoville).

The Days of Black and White

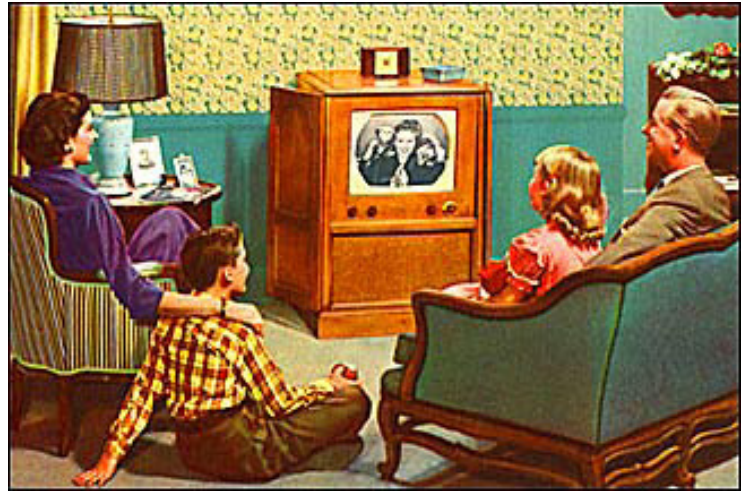
You could hardly see for all the snow,
Spread the rabbit ears as far as they could go.
Put a chair up to the TV set,
“Good Night, David. Good Night, Chet.”

Depending on the channel you tuned,
You got Rob and Laura – or Ward and June.
It felt so good. It felt so right.
Life looked better in black and white.

I love Lucy, The Real McCoys,
Dennis the Menace, the Cleaver boys,
Rawhide, Gunsmoke, Wagon Train,
Superman, Jimmy and Lois Lane.

Father Knows Best, Patty Duke,
Rin Tin Tin, and Lassie too.
Donna Reed on Thursday night!
Life looked better in black and white.

I wanna go back to black and white,
Everything always turned out right.
Simple people, simple lives...
Good guys always won the fights.



Now nothing is the way it seems,
In living color in the TV screen.
Too many murders, too many fights,
I want go back to black and white.

In God they trusted, alone in bed they slept,
A promise made, was a promise kept.
They never cussed or broke their vows,
They'd never make the network now.

But if I could, I'd rather be
In a TV town in '53.
It felt so good, it felt so right,
Life looked better in black and white.

I'd trade all the channels on the satellite,
If I could just turn back the clock tonight.
To when everybody knew wrong from right,
Life sure was better in black and white!

June Birthdays

7/4	Noreen Hartard	7/14	Wendi Waugh
7/5	Todd Preston	7/17	Lynn Counts
7/6	Glenna Arnett	7/19	Ruth McCleese
7/8	Susan Martin	7/19	Louise Austin
7/11	Margy Jordan	7/28	Kathy Blackburn
7/11	Wendell Bailey	7/29	Delone Shabazz
7/13	Skeeter Smith	7/30	Laura McCoy

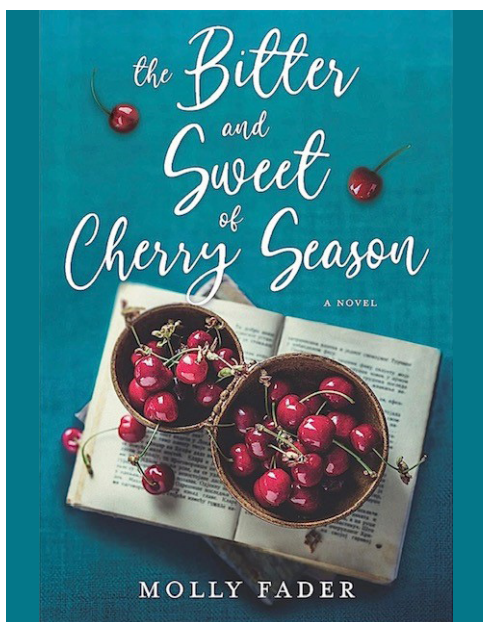
New Volunteers

Robert Elkins	Karleigh Lennex
Allison Mowery	Mathew Nelson
Serena Kataria	Brea Shupert
Cailee Blevins	Aleza Smith
Tyler Cade	Esah Strickland
Raegan Cartee	



Did You Know...

The ice cream cone's invention is said to have begun at the 1904 World's Fair in St. Louis. An ice cream vendor reportedly didn't have enough dishes to keep up with demand, so he teamed up with a waffle vendor who rolled his product into "cornucopias." Thus, the first ice cream cone!



Volunteer Book Club

The book chosen to discuss in July is "The Bitter and Sweet of Cherry Season" by Molly Fader, and members are scheduled to discuss the title on July 15th at Wolford's Landing Campground. If you are planning to attend please contact the Volunteer Office to RSVP at 740-356-8234.



Next Chapter" (PG-13) at the Portsmouth Public Library (meeting room in basement) at 1:00 p.m. This enjoyable and entertaining movie featuring Jane Fonda, Diane Keaton, Candice Bergen and Mary Steenburgen will have you laughing out loud from beginning to end! If you are interested in attending please contact the Volunteer Office at 740-356-8234 and reserve your seat, as **space is limited!**

Movie Matinee Coming Soon

On Friday, July 21st it's a volunteer "Movie Matinee" complete with soda and popcorn and **no** admission fee! Yes, we will be showing "Book Club 2 - The



"We're Sweet on You" – Volunteer Ice Cream Event

Volunteer Services is continuing the tradition of celebrating good Ol' Summer with their volunteers, so mark your calendars for Thursday, July 13th from 11:30 a.m. – 1 p.m. and head to Wolford's Landing (6888 Front Street – Sciotoville), as Sherri and Jenny will be serving up cool and refreshing ice cream (curbside) to our wonderful and "sweet" volunteers! Simply drive through the campground to Jenny Lavender's walkway of her camper for your delicious summer treat! For further information prior to the event contact the Volunteer Office at 740-356-8234.

Volunteer Services is continuing the tradition of celebrating good Ol' Summer with their volunteers, so mark your calendars for Thursday, July 13th from



Jr. Volunteers Return For Summer

SOMC is excited to have the Jr. Volunteer program return this summer! Pictured is our first orientation crew. During the summer, Jr. Volunteers are introduced to many facets of the hospital, as they work right along-side our adult volunteers and SOMC staff. Benefits of the Summer Junior Volunteer Program include real-life experiences and building job skills, meeting healthcare professionals, learning about more careers in healthcare, and meeting new friends. What a great way to spend a summer – again, much welcome to this year's Summer Junior Volunteers!

SOMC is excited to have the Jr. Volunteer program return this summer! Pictured is our first orientation crew. During the summer, Jr. Volunteers are introduced to many facets of the hospital,



Pleasure Guild Officers Installed

It truly was a great day with volunteers, as Volunteer Services made arrangements for the SOMC Pleasure Guild to spend an afternoon together in Jackson, Ohio with a visit to Four Mile Bakery, followed by their Installation of Officers at The Robin's Nest Cafe & Tea Room. (Officers L-R) Elaine Litten - Secretary/Treasurer, Mary Moore - President and Kathy Arnett - Vice President. Many thanks to SOMC Transportation for making this trip happen as well!



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, July 31st 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 prior to the event, please phone 740-356-8234.



Kardia Guild Installs Officers

It was a beautiful day for the Kardia Guild Installation, as it took place on Wolford's Landing, along-side the Ohio River! Officers pictured L-R: Karen Wood – President, Janet Evans – Secretary, Rose Havens – Treasurer/Caller, Joyce Payton – Event Chair. Not pictured Eloise White – Vice President.

What's on the Menu

Rum Cake

If you have never had "Rum Cake" its flavor and moistness is unlike any other, and sort of like a fine wine...it gets even better with time. It's as if the rum settles into the cake and allows the cake to just melt into your mouth. One could probably be safe in describing it as a golden pound cake, but with a well-balanced caramel flavor from the rum in both the batter and the glaze.

For the Cake:

- » 1/2 cup packed brown sugar
- » 1/2 cup granulated sugar
- » 1/2 cup finely chopped pecans
- » 1 box yellow cake mix
- » 1 (3.4-oz.) package vanilla cook-and-serve pudding mix
- » 4 eggs
- » 1/2 cup milk

- » 1/2 cup oil
- » 1/2 cup dark rum
- » 1 teaspoon vanilla

For the glaze:

- » 1 stick butter
- » 1 cup sugar
- » 1/4 cup water
- » 3/4 cup dark rum



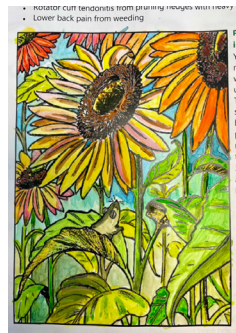
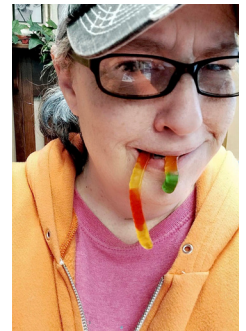
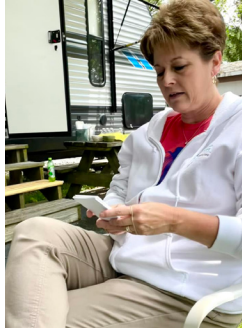
Preheat oven to 325 degrees and thoroughly grease a Bundt pan. Add cake mix, sugars and pudding mix to the bowl of an electric mixer. Crack in the eggs and add milk, vanilla, oil, and rum. Mix the batter until it is smooth and totally combined. Stir in pecans. Pour batter into the prepared Bundt pan and bake the cake for 50 to 60 minutes, or until a skewer or long toothpick comes out clean when inserted into the middle of the cake and removed. When the cake has about 10 minutes remaining cooking time, make the glaze. Melt the butter and sugar together in a heavy-bottomed saucepan over medium heat. Then add water and bring the mixture to a boil for 4 to 5 minutes, or until thick. Carefully add the rum to the mixture and cook for 1 more minute. (Remove from burner when adding the alcohol to the mixture). Remove the cake from the oven and let it cool in the pan for 5 minutes. Use a skewer or long toothpick and poke holes all over the surface of the cake. Drizzle half the glaze over the surface of the cake, then let the cake sit for about 10 to 15 minutes to allow the cake to absorb the glaze. Carefully invert the cake onto a serving platter and very slowly drizzle the rest of the glaze over the top of the cake, giving the cake a chance to absorb as much as possible. Let the cake sit for a couple of hours to make sure it's really moist and rummy. Slice and serve.

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.
- » Volunteer Office & Gift Gallery will be closed on July 4th in observance of Independence Day
- » Annual Volunteer Education – Return Documentation ASAP
- » Volunteer Ice Cream Curbside Event @ Wolford's Landing – July 13, 11:30am – 1pm
- » Volunteer Book Club – July 15 – Wolford's Landing – 1pm
- » Volunteer Afternoon Movie – July 21 – Portsmouth Public Library's Meeting Room – 1pm
- » Knit for Hope – July 31 – 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

Volunteer Services Raises Safety Awareness

When it came to various safety topics, SOMC Volunteer Services definitely gained their volunteers' attention in a week-long (June 12-16), fun and enlightening way. From preventing heat stroke to avoiding slips, trips and falls to guarding against virtual crime, road trips tips and home safety. Yes, approximately 300 volunteers enjoyed an array of educational activities while focusing on these very important safety messages.



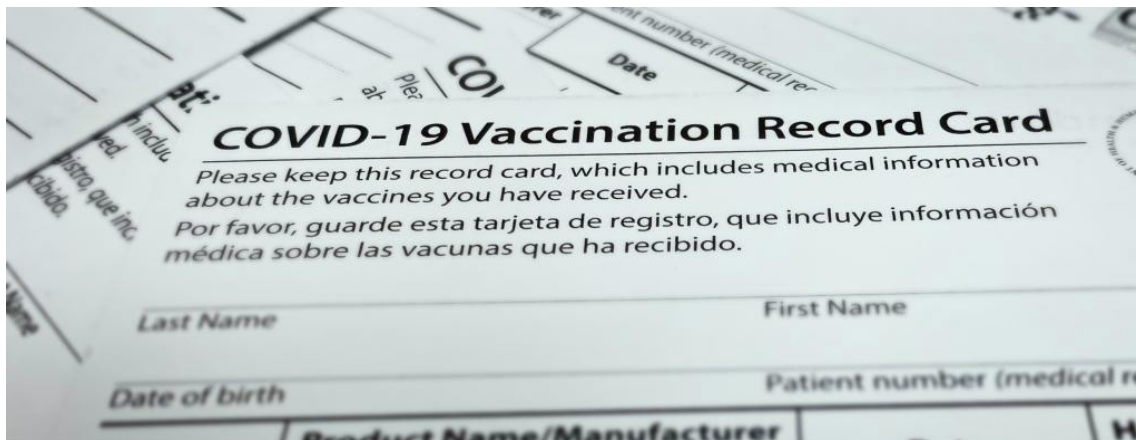


The Trouble Tree

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit, and now his ancient pickup truck refused to start. While I drove him home, he sat in stony silence. On arriving, he invited me in to meet his family. As we walked toward the front

door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss. Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier. "Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, troubles don't belong in the house with my wife and the children. So I just hang them on the tree every night when I come home. Then in the morning I pick them up again." He paused. "Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there ain't nearly as many as I remember hanging up the night before."

We should all come up with our own "Trouble Tree" that we can drop our problems off at night before we enter our homes. Whether you hang your stress on a tree, put it in a box on the porch, or simply take deep breathes and count to ten – remember that the stress you feel can affect your health and relationships. Besides, your troubles may appear smaller and fewer after a relaxing evening and a good night's rest. So find your trouble tree and take full advantage of it.



COVID Vaccine Update

Following the end of the public health emergency, the Centers for Medicare and Medicaid Services (CMS) issued a final rule withdrawing COVID-19 health care staff vaccination requirements under the conditions of participation and conditions for coverage that were issued as part of the 2021 "Omnibus COVID-19 Health Care Staff Vaccination" interim final rule. This means is that effective 6/7/2023, the COVID-19 Vaccine will no longer be required for health care staff (including employees, contracted staff, students, and volunteers). COVID-19 Vaccines will continue to be offered for these groups as part of the onboarding process. If the individual has not previously been vaccinated, and does not wish to receive the vaccine, a signed COVID-19 Vaccine Declination form will be required.

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!