

Friend Friend

VOLUNTEER NEWSLETTER NOVEMBER 2024



Goldie Griffith & Lydia
Bell – Hope Guild

A Note from Jenny

As each year comes to an end, we see and feel the winds of change, and honestly, the changes in weather signal so much more than just a change in season. They are a reminder that all things must end to make way for new beginnings – and this is something to embrace!

Our volunteer program at Southern Ohio Medical Center is consistently evolving to fit the individual needs of our patients, staff, and volunteers as well. However, one thing that does not change, is the quality of care and dedication to our hospital's core values which motivate us when volunteering. With this, I am tremendously humbled to have the opportunity to work with an incredibly talented, compassionate, hardworking, committed, and dedicated team of volunteers! Yes, our work touches so many lives and hearts, and my goal is to continue this tradition and further enhance programs, projects, and fundraising efforts through sheer hard work, unwavering energy, and creative thinking. As you too have witnessed, teamwork helps build strength and confidence, and as an organization, it is

imperative that we work together to take on challenges and develop relationships. I know in my heart that with you by my side we can take volunteering at SOMC to the next level!

As you enjoy our monthly newsletters, I hope you are inspired as much as I am by how much we accomplish just by being together and working collaboratively. From the Gift Gallery to Guild Fundraising, to hospital-focused programs, staff support, and others, we are truly blessed to leave such lasting imprints on the lives of so many individuals.

As we move forward in a new and upcoming year, it is my hope that we all face our doubts and fears and take on new and challenging roles. Let's rededicate ourselves to helping move the SOMC Volunteer program forward by empowering and supporting each other so that we can all make a difference... TOGETHER. In the words of Helen Keller, "Alone we can do so little; together we can do so much."

In closing, there are so many things that I am thankful for



this year, but at the very top of that list is YOU! Wishing you a wonderful Fall and Thanksgiving filled with the warmth and happiness of the season.

Hugs and 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, November 6th at 10:30 a.m. at the home of Donna Chabot.

The **Pediatric Guild's** next meeting will be held on Wednesday, November 6th at 12:00 pm at Southern Grill, which is located at 1107 Lawson Street in Portsmouth.

The **Pleasure Guild's** next meeting will be on Thursday, November 7th at 1:00 p.m. at the Forest Height's Community Center, which is located at 1442 Bihlman Drive in Portsmouth. With this particular meeting being the guild's annual "tea," members are encouraged to wear their favorite hat for the occasion.

The **Hope Guild's** next meeting will be held on Friday, November 8th at 12:30 a.m. at Gatti's, which is located at 1658 11th Street in Portsmouth.

The **Kardia Guild's** next meeting will be on November 21st at 12:00 p.m. at Hill View (dining room), which is located at 1610 28th Street in Portsmouth.

The **Service Guild's** next meeting will be on November 20th at 12:00 p.m. in the Volunteer Office.

Volunteers in Action

"Nothing teaches hope, kindness, courage, and compassion like helping others."



Pediatric Guild – October business meeting at Woldford's Landing – donning our pink in support of Guild Member Debbie Daniels.



Mimi Clausing, Rosalee Greene, Betty Applegate, Linda Browne, and Deb McGinnis volunteering at "Music Makes the Best Medicine" to benefit the SOMC Cancer Compassion Fund.

Volunteer Services is NOW on Facebook!

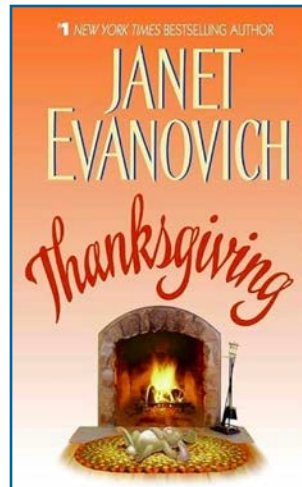
Volunteer Services is happy to announce there is a new Facebook page that offers the latest news and updates from Southern Ohio Medical Center's Volunteer Services and Gift Gallery – so be sure and "Like" us, as we are now posting photos that are sure to make you smile, volunteer information, as well as new and exciting merchandise arriving to the SOMC Gift Gallery! Simply head to: <https://www.facebook.com/SOMCVolunteers/>

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November Birthdays

- 11/1 Ethan Hochstetler
- 11/3 Carol Davis
- 11/6 Jan Martin
- 11/8 Brenda Keaton
- 11/9 Betty Morgan
- 11/10 Sharon Harris
- 11/11 Merrill Wood
- 11/15 Mamie Snook
- 11/17 Kimberly Bennett
- 11/17 Jason Jenkins
- 11/18 Mary Kay Marshall
- 11/19 Suzie Hunter
- 11/19 Barbara Burke
- 11/20 Lorraine Fraley
- 11/21 Garrett Koverman
- 11/24 Ty Logan
- 11/24 Emily Marvin
- 11/24 Ashley Musser
- 11/25 Lori Davis
- 11/26 Lacey Estep
- 11/28 Jeannine Brown
- 11/29 Ann Kirby
- 11/29 Allan Rigoni
- 11/30 Dorothy Glover



Volunteer Book Club

The book chosen to discuss in November is “Thanksgiving” by Janet Evanovich, and the group is scheduled to discuss the title on November 16th at Hill View. For further information or to RSVP, please contact the Volunteer Office at 740-356-8234.

Volunteer Trip Planned

On Friday, December 13th the Volunteer Office has scheduled a fun and exciting holiday shopping trip to Hobby Lobby and the Ashland Town Center just in time for Christmas! The trip includes shopping and a stopover at Texas Roadhouse for a delicious meal (on your own). We will leave the Friends Center at 8:00 a.m. (sharp) and return by 4:00 p.m. Space is limited so be sure and contact the Volunteer Office if you are interested, and on December 13th be sure and grab your wallet or purse, throw on a comfortable pair of shoes and join us as we shop ‘til we drop!



NEW Volunteers

- Elijah Estep
- Daynna Fuentes
- Kaden Hadsell
- Maddie Entler
- Kaylyn Darden
- Brady Davis



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.

What's on the Menu

Old Fashioned Applesauce Cake

This super soft, fluffy and moist cake, which is similar to carrot cake, however with a light apple flavor and plenty of autumn spices is the perfect cake to enjoy this time of year! Besides who can resist a simple, flavorful, home-style cake just like your grandma would have made?

Ingredients

- » 2 cups sugar
- » 1/2 cup shortening
- » 2 eggs
- » 1-1/2 cup applesauce
- » 2 teaspoons vanilla
- » 1/2 cup water
- » 2-1/2 cup all-purpose flour
- » 1-1/2 teaspoons baking soda
- » 1-1/2 teaspoons salt
- » 1/4 teaspoon baking powder
- » 3/4 teaspoon cinnamon
- » 1/2 teaspoon ground cloves
- » 1/2 teaspoon allspice
- » 1/2 cup chopped walnuts
- » Garnish with powdered sugar, whipped cream, cinnamon. Or you may frost with cream cheese frosting if desired.



Beat sugar and shortening with an electric mixer; beat in eggs, applesauce, vanilla and water. Gradually add flour, baking soda, salt, baking powder and spices. Mix thoroughly then stir in walnuts. Pour batter into a greased and floured 13"x9" baking pan and bake at 350 degrees for one hour, or until a toothpick inserted in center comes out clean; watch that edges don't get too dark. Garnish with powdered sugar, whipped cream and cinnamon.

Guild Fundraising

The popular "Masquerade" sale to benefit the Scioto Guild will return on November 7th – November 8th from 7:30am – 3:00pm (both days) in the Waller/ED Corridor, where jewelry and accessories are \$5.00!

The Pediatric Guild will host their popular "Linen" Sale, which is scheduled for November 13th – November 14th from 8:00am – 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 15th, and 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 21st at the SOMC Life Center – with curbside service. Please note that payment for your order will be required at time of pickup.

ANNOUNCEMENTS

- » Daylight Saving Time Ends – November 3rd – Remember to set your clocks back one hour!
- » Gift Gallery opens on November 4th at 8am fully decorated and ready for Christmas
- » Guild President's Meeting – November 11th – Executive Conference Room
- » "Cookies & Coffee" – November 11th – Gift Gallery – 9am – 11am
- » Volunteer Book Club – November 16th – Hill View
- » Soup Day – November 19th – 11am – 1pm – Volunteer Office
- » The Gift Gallery and Volunteer Office will close at 12pm on Wednesday, November 27th, and will remain closed on Thursday, November 28th and Friday, November 29th in observance of the Thanksgiving holiday.
- » Sadie Snowflake returns – Monday, December 2nd
- » 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!



Soup Day

It's been a little chilly lately – and there's nothing better to embrace the cold than a hot steamy bowl of homemade soup! With this in mind our Volunteers are invited to stop by the Volunteer Office (Waller Bldg. – Suite 204A) on November 19th between 11am – 1pm for a delicious bowl of homemade Cheesy Hamburger Potato Soup!



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.

Volunteer Pumpkin Carving Adventure

Volunteer Services hosted their annual Halloween Pumpkin Carving Adventure at Wolford's Landing Campground on October 18th. Volunteers used their imagination and creativity to create the most amazing creations ever!



Did You Know...

The reason firehouses have circular stairways is from the days of yore when the engines were pulled by horses. The horses were stabled on the ground floor and figured out how to walk up straight staircases.



Gift Gallery

Be sure and make the Gift Gallery one of your stops for finding that wonderful gift for someone on your holiday shopping list, as not only does the Gift Gallery offer unique findings, it also offers friendly conversation and warm smiles that definitely brighten up the season!

Dear Reader,

The following article was submitted by Betty Morgan



Dear Reader:

This was written many years ago by Judy Vekasy, a registered nurse and director of activities in a nursing home in Savannah, Tennessee, and it appeared several times in Ann Landers' column. For those with some spare time please consider volunteering...

You say you can't do anything. Can you read? Good. Read to me. My eyes aren't what they used to be.

Can you write? Good. Write a letter or a card for me. My hands are shaky.

Can you sing? Good. Help me with the words and I'll sing along.

Can you tell me about your job? I was a nurse once myself.

Can you listen? Wonderful. I'm starved for conversation.

Can you bake a sponge cake or zucchini bread or angel biscuits or make fudge? They aren't on the menu, but I remember how good they were and I wouldn't mind tasting them again.

Do you play checkers or dominoes, or rummy? Fine, so do I, but there is never anyone who has the time. They are understaffed around here, you know.

Do you play the viola or the flute or the piano? My hearing is poor, but I can hear any kind of music. Even if I fall asleep, you'll know I enjoyed it.

Once we were somebodies just like you. We were farmers and farmer's wives and teachers, nurses, beauticians, stockbrokers and electricians, bankers and sheriffs and maybe a few outlaws too. We're not all senile – just old and needing more help than our families can give us. This is home, whatever its name, its "home" to us, and you're an invited guest. Please come. The welcome mat is always out and not just on Thanksgiving. I hope you will keep this and read it again in January, February, and every other month of the year. We'll still be here and our needs will be the same.



Cookies & Coffee

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 Monday, November 11th from 9:00 – 11:00 a.m. for "Cookies & Coffee" to celebrate the upcoming holiday season!

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.

From A Volunteer's Perspective

A letter received from a sweet volunteer...



Dear Jenny,

When I saw your article in the October edition of Friend to Friend, I wanted to take a moment to "give you my perspective" on what it means to me to be a volunteer at SOMC.

First, I want to commend you and Sherri for all you do in Volunteer Services for all the volunteers in all areas of the hospital. There is never a time that you are not thinking of us or planning something amazing for us: Fun trips and get-togethers, movies, book club, Knit for Hope, vaccinations to keep us healthy, yummy, yummy treats, as well as many, many other activities offered throughout the entire year.

I believe volunteering can be good for anyone. It brings people together, you learn a lot from the experience, and it also makes a positive impact on the hospital. Volunteering is totally worth the time. It's incredibly fulfilling, provides the opportunity to meet great people, make new friends, and create wonderful memories.

I'm honored to be a volunteer at SOMC.

- Cindy Brown

SOMC knows that as meaningful as your volunteerism is, it is the person-to-person connections that live on in your heart. For that reason, we especially value volunteers' reflections and first-person stories that tell of the new friendships, understandings, and perspectives you gain. Therefore if you have a story to tell about your volunteering experience at SOMC we would love for you to share it with us. You may e-mail your story to lavendej@somc.org. Mail to: SOMC Volunteer Office, 1805 27th Street; Portsmouth, OH 45662 or drop it by the Volunteer Office.

Give. Love. Repeat

The SOMC Hope Guild recently donated approximately \$9,000 to Home Care to purchase 200 COVID/Infestation kits for their patients. The kits contain a re-useable thermometer, stethoscope, pulse ox meter and a blood pressure cuff. The Hope Guild supported this particular cause in March 2023, with the purchase of 200 kits as well to support the needs of Home Care. SOMC Home Care is the first hospital-based agency in the state of Ohio and has served the community since 1966. The team serves Scioto, Pike, Adams, and Lawrence counties in Ohio and Lewis and Greenup counties in Kentucky. SOMC Home Care provides a full range of skilled services, including nursing, therapy, aide and social services. Call 740-356-5600 for more information on SOMC Home Care.



Guild Dessert Auction

On October 4th Guild members gathered in the Braunlin Conference Center for the SOMC Guild Fall Luncheon and Dessert Auction – and in a little over one hour raised \$1,872.50! A special thank you goes out to Donnie Rachford, of Rachford Auctioneering for donating his time and talent to this fun and exciting Guild event.





A Letter From the North Pole

It's me, Sadie, I'll soon be back to play,
I've missed you very much, while I've been away.
Christmas is coming, and there's more fun to have,
Days will be filled with mischief and laughs!

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

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

See you December 2nd!
Love and holiday ((hugs)),
Sadie Snowflake
SOMC Volunteer Elf

P.S. Upon my arrival be sure to watch for notes, photos and all my antics on SOMC Volunteer & Gift Gallery, as well as Jenny & Sherri's Facebook page – with this you will soon discover why I wear Jenny out – hee hee!

Guild Enjoys The Art of Cookie Decorating

The Pediatric Guild recently gathered with Taylored Cookie & Bakery for a wonderful evening learning the tricks of the trade when it comes to creating these fabulous and delicious Halloween treats!



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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