

Friend Friend

VOLUNTEER NEWSLETTER
APRIL 2023

Volunteer Book Club Members
– Meeting @ Hill View



A Note from Jenny

It finally looks like spring may actually be on its way – the temperature is warming up, the days are beyond doubt growing blissfully longer and the daffodils and tulips are blooming. I absolutely love this time of year, and am so happy to have the opportunity to see something new taking place around me every day! Yes, a flower here, a tree blooming on the hillside, the grass getting greener – and here at SOMC, I so enjoy the renewed friendships of those volunteers that return after the winter season has been overcome by the warmth of spring. Oh, and the additional smiles that volunteers share simply because the sun is shining, truly warms my heart.

This particular month also brings the occasion to celebrate my favorite people – YOU, as National Volunteer Week begins April 17th, and in celebration of the occasion I have conjured up an amazing week of fun activities for you to enjoy! So be sure

and mark your calendar and plan on stopping by the Volunteer Office (Waller Building – Suite 204A) during this particular week, as Sherri and I say “THANK YOU” for all you do for SOMC and us. (Daily activities are included in this issue of the volunteer newsletter).

In all honesty, I am so blessed to have such wonderful volunteers, and I must say that you all truly help build a better world each day, one act of kindness at a time. Yes, each person’s willingness to serve always brings a sense of hope and inspiration not only to me, but to others as well.

In closing, wishing you a blessed Easter, and looking forward to seeing you during Volunteer Week!

Hugs & Smiles!

Jenny Lavender, Manager Volunteer Services



Did You Know

After Fred Astaire’s first screen test, a 1933 memo from MGM testing director said, “Can’t act. Slightly bald. Can dance a little.” Astaire kept that memo over the fireplace in his Beverly Hills home. Fred Astaire’s philosophy: “Do it big, do it right, and do it with style.”



Jr. Volunteer Program Returns to SOMC

Summer Jr. Volunteer packets are now available in the Volunteer Office for interested students who are ages 16-18. This exciting program provides an array of opportunities for students to learn about healthcare careers while learning from our staff and also, alongside the best volunteers in town! The SOMC Summer Jr. Volunteer program begins on June 12th and will conclude on August 4th. If you have someone interested or if queried, the last day for submitting applications for the program is May 5, 2023. For further information please contact the Volunteer Office at 740-356-8234.

GuildNews

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 not meet in April, however will reconvene on May 3, 2023.

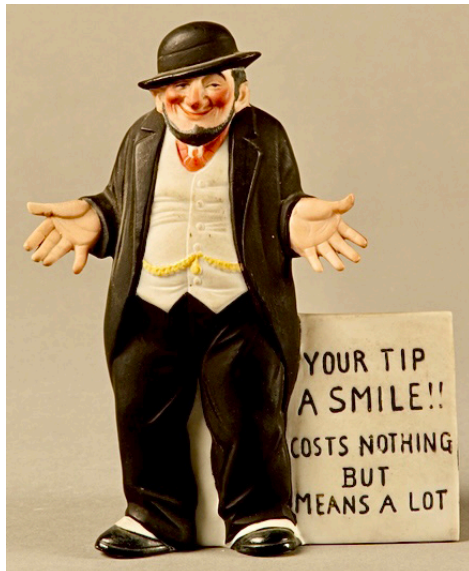
The **Pleasure Guild's** next meeting will be held on Thursday, April 6th at 1:00 p.m. at Haute Stuff Catering, which is located at 1406 Kinney's Lane in Portsmouth.

The **Hope Guild's** next meeting will be on April 14th at 11:30 a.m. at Haute Stuff Catering, which is located at 1406 Kinney's Lane – Portsmouth.

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

The **Kardia Guild** will meet on April 13th at 12:00 p.m. at Skyline Restaurant inside the Greater Portsmouth Regional Airport in Minford, which is located at 138 Barklow Rd – Minford.

The **Service Guild** will meet on April 19th at 12:00 p.m. at the Volunteer Office (Waller Bldg. Suite 204A)



Give Away A Smile

When I happened across this particular poem I immediately thought of you – my smiling volunteers, as not a moment passes that I don't recall the radiant smiles that you all possess and give away every day! Your smile not only creates a more welcoming environment for the hospital it helps in brightening those that you encounter everyday too!

A smile costs nothing, but gives much.

It enriches those who receive, without making poorer those who give it.

A smile takes only a moment, but the memory of it sometimes lasts forever.

No one is so poor that they cannot be made richer by a smile.

A smile creates happiness in the home, fosters goodwill in business, and is the countersign of friendship.

It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble.

Yet, it cannot be bought, begged, borrowed or stolen, for it is something that is of no value to someone until it is given away.

Some people are too tired to give you a smile, so give them one of yours, as no one needs a smile as much as he who has no more of his own to give.



SOMC Life Center

All ACTIVE SOMC Volunteers now qualify for an employee rate membership at all 3 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 or Shae Patty (LIFE Center) at 740-356-7391.

SOMC Guilds Make A Difference



The Hope Guild recently donated funds to SOMC Home Care for the purchase of 200 COVID Infection kits, with each kit containing a blood pressure cuff, pulse ox, digital thermometer, and stethoscope. These individual kits will provide the patient with the tools to provide the necessary care at home when necessary.



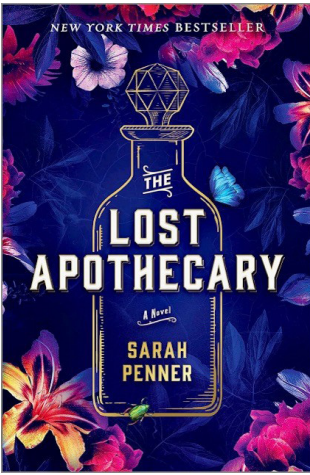
The Hope and Pleasure Guilds joined their fundraising efforts toward the purchase of a massage chair for the SOMC Hospice patients (when applicable), and their families, as well as Hospice employees. This particular purchase will add in improving the health and wellness of all who chose to utilize this added and most beneficial feature.

Pediatric Guild Gives Back in Memory of Rees Justice

On April 22, 2019, Rees Justice, an MRI staff technologist at SOMC, tragically passed away in a traffic accident at just 26 years old. Nearly four years later, Rees's legacy continues touching lives around the community. After his passing, his family asked in lieu of flowers, donations be sent to the SOMC Pediatric



Guild. Those donations poured in. Rees had such an impact on the lives of all around him, and he continues to today. Rees loved kids and was also a gamer, so it is only fitting that the SOMC Pediatric Guild recently gave back in his memory to the Children's Playroom at the SOMC Hospice Center. The room was originally and generously donated in memory of David B. Lodwick by David L. and Barbara Lodwick. The Pediatric Guild utilized the funds donated in Rees's memory to update the room. Rees's family recently attended the unveiling of his plaque for his memory to be remembered in the new room at the hospice center. This donation is sure to impact many lives going through a trying time. A sincere thank you to Rees's family for deciding to touch other lives in his memory. Also, thank you to the Pediatric Guild for using these funds to enhance this room at the hospice center.



Volunteer Book Club

The book chosen to discuss in April is “The Lost Apothecary” by Sarah Penner. We are scheduled (weather permitting) to discuss the title on April 15th 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.

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 SOMC Service Guild will host their popular RADA sale on April 27th from 8:00 a.m. – 3:00 p.m. on the Main Campus (Waller/ED corridor location). 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! For further information contact the SOMC Volunteer Office at 356-8234.



Hope Guild Installs New Officers

On March 10, 2023 Installation of Officers was conducted with the following Guild members accepting: Sandy Cable – President, JoAnn Hall – Vice President, Joyce White – Secretary and Jo Kennedy – Treasurer.



How To Become A Volunteer

Interested in volunteering at Southern Ohio Medical Center? If so, the only thing needed to become a volunteer is the desire to help people. At SOMC we focus on helping our patients and visitors as well as our hospital staff. There are many different areas of the hospital to volunteer your time and by meeting with the Volunteer Office we can work with you in choosing the area that suits you the best! If you like to be around people, Same Day Surgery or Heart & Vascular would be a perfect place. If you like retail and shopping, the Gift Gallery might be just for you. If you like to be busy, but prefer to be away from the crowd, office work may be the area you prefer. Special projects and events and fundraising with our Guilds, are some of the other things we do that you may have an interest in as well. So you can see, SOMC has many opportunities for you to volunteer! For further information or to obtain a volunteer application please contact the Volunteer Office at 740-356-8234.

Volunteers in Action

*If you want to touch the past, touch a rock.
If you want to touch the present, touch a flower.
If you want to touch the future, touch a life."*



Members of the Pleasure Guild
– Business Meeting



Sandy Murta, Joyce White, Esther Downey, Shelby Powell, Susy Sheets
– project task for Workforce Development

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.
- » Make sure you are turning in your volunteer time.
- » Volunteers are being sought for the following departments: Gift Gallery, Heart & Vascular and Hospice. If you are interested in obtaining further information regarding the above-mentioned areas and responsibilities, please contact the Volunteer Office.
- » Annual Volunteer Education – Return Documentation ASAP
- » Jr. Volunteer Applications available – Volunteer Office – April 1st
- » Volunteer Book Club – April 15th
- » National Volunteer Week Observed by Volunteer Services... April 17th – 21st
- » 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

April Birthdays

4/3	Amy Sopchak
4/3	Debbie Daniels
4/4	Linda Browne
4/12	Marilyn Mercer
4/14	Jack Leith
4/14	Sean Ison
4/20	Sandy Murta
4/22	Aubrey Roy
4/22	Sara Grant
4/23	Jennie Entler
4/24	Ruth Boden
4/24	Sally Ferrell
4/29	Libby Brisker

New Volunteers

Jaden Lewis
Isabella Fultz
Hali Miller
Jordan Holbrook

What's on the Menu

Jan's Carrot Cake

This is Jan (Lavender) Eldridge's recipe. Prior to passing, Jan served as an SOMC Nurse Manager and Volunteer. There wasn't a "Lavender" get-together that didn't feature this delicious cake on the dessert table! Such a simple dessert, but always anticipated by the entire family, as it is so moist and the cream cheese frosting, well...simply amazing!

Ingredients

- » 2 cups granulated sugar
- » 4 eggs
- » 1-1/2 cups oil
- » 2 cups flour
- » 2 teaspoons baking soda
- » 1-1/2 teaspoons baking powder
- » 2 teaspoons salt
- » 2 teaspoons cinnamon
- » 1/4 teaspoon cloves
- » 2 (4 oz.) baby food jars of carrots
- » 2 teaspoons vanilla
- » 1 cup walnuts or pecans

Mix all ingredients above well and pour into a 9x13 inch pan and bake for 35 minutes or until cake is done in the middle when toothpick is inserted. Cool and ice with cream cheese icing.



Icing

- » 8 oz. cream cheese
- » 1 - 16 oz. box powdered sugar
- » 1/2 stick butter
- » 1 teaspoon vanilla

Cream all ingredients together and ice cake. Garnish with additional walnuts or pecans if desired.

Gift Gallery News

The SOMC Gift Gallery has recently added a couple of new and trendy items to their inventory – Victoria's Secret Fragrance Mists & Body Lotions, as well as The Naked Bee!



Nourish with scent, as Victoria's Secret's fast-absorbing body lotions are perfect for hands and body. Simply smooth

on lotion, then finish with fragrance mist for a lasting scent. It's a fragrance adventure, and it starts with you! Choose from: Bare Vanilla, Diamond Petals, Platinum Ice, and Pure Seduction.

The Naked Bee®
"All the good stuff, none of the bad stuff."



Discover The Naked Bee – High quality, good for you, unpretentious, skin care products made with "All the good stuff, and none of the bad stuff." So what does that mean? Well... "All of the Good Stuff...70% organic skin conditioning lotion and moisturizer for hand and body, Organic olive oil, honey and beeswax lip balm. None of the Bad Stuff." Paraben-Free. No propylene glycol or mineral oil. No dyes or pigment. No lauryl or Lauretha Sulfate, and Absolutely NO animal testing, EVER!

the giftgallery
at Southern Ohio Medical Center

Volunteer Week Offers An Array of Excitement!

With SOMC Volunteers giving freely of their time and talents, along with their unwavering happiness, smiles, love and heart, and to celebrate National Volunteer Week (April 16-22), SOMC will be celebrating with an enjoyable work-week filled with fun, sincere appreciation and memorable moments. For further information contact the Volunteer Office at 740-356-8234.



April 17th, 11am - 1pm

Thank YOU!

Cupcakes in the Volunteer Office to celebrate YOU!

April 18th, 9am – 3pm

Never Underestimate the POWER OF A SMILE

Stop by the Volunteer Office or Gift Gallery and simply write down “what makes you smile.” In the May issue of the volunteer newsletter, your inspirational note will be shared with our volunteers - because you should never underestimate the power of a smile!

April 19th, 10am – 2pm

Happiness Held is the Seed, Happiness Shared is the Flower

“Pick some bulbs and take them home. With your love and kindness they’re sure to GROW.” Stop by the Volunteer Office between 10am – 2pm and you will have the opportunity to pick from a variety of flower bulbs to take home – as where flowers bloom, so does hope and happiness!

COVID Booster Update

As we are aware, all SOMC Volunteers are required to be fully vaccinated against COVID-19. To be considered fully vaccinated you must have received either:

- » 1 dose of Johnson & Johnson vaccine
- » 2 doses of the Moderna vaccine
- » 2 doses of the Pfizer vaccine

A booster dose of the COVID-19 vaccine is not currently required to volunteer. However, to comply with Joint Commission standards, SOMC has begun a process for tracking and securely documenting the COVID-19 vaccination status of all staff and volunteers who have obtained any booster doses as recommended by the Centers for Disease Control (CDC).

April 20th, 11am-1:00pm

Be Happy & Smile

The Happy Pot is a wonderful place for a creative and happy adventure – especially when creating a pottery piece of your choice. Participants only pay for the cost of the pottery they choose, and the camaraderie, fun and enjoyable time together is free! For further information or to RSVP, as space is limited please RSVP by contacting the Volunteer Office at 740-356-8234.

April 21st, 11am-1pm

Let’s Do Lunch

Stop by Wolford’s Landing Campground between 11am – 1pm for a fun “Happy” themed lunch that is sure to make you smile!

Volunteer Office is located in the Waller Building – Suite 204A
Wolford’s Landing Campground is located at 6888 E. Front Street – Sciotoville, Ohio
The Happy Pot is located at 522 Second Street in Portsmouth (Boneyfiddle District)



To assist in this effort please submit a copy of any COVID booster(s) you have received by:

- » Mail: SOMC Volunteer Services; 1805 27th Street, Portsmouth, OH 45662
- » Fax: 740-356-6215 (Volunteer Office)
- » Email: lavendej@somc.org
- » Text: 740-935-4306 (Jenny Lavender)

If you should have any questions please feel free to contact the Volunteer Office (740-356-8234) at your convenience. As always, thank you for all you do for SOMC!

Leprechaun Treats for Someone Sweet

On St. Patrick's Day SOMC volunteers enjoyed a delicious confectionary treat to observe the occasion!



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!