

# Friend Friend

## VOLUNTEER NEWSLETTER FEBRUARY 2024



Jo Kennedy (Gift Gallery & Same Day Surgery) with Sherri Hurley.

*"Jo, you've got all of us behind you!"*

## A Note from Jenny

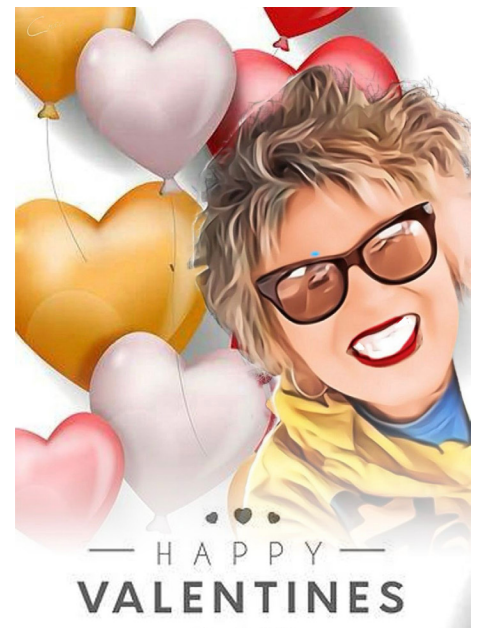
Ah, the month of February, when the sunny days begin to appear showing that spring is not far, the air is often crisp and clear. Yes, it is also during this time especially that we take the time and spirit to remind all of our loved ones just how much we care and love them. So with this, my dear volunteers, I'm taking this opportunity to tell you how special you are to me and that you truly are the most amazing and compassionate volunteers ever!

When I think of you I think about all of the acts of compassion that you perform every day without even being asked:

- Accompanying a sick or injured incoming patient to the hospital
- Telling a story to a frightened patient
- Offering a cup of coffee or water to a visitor who has just received some difficult news
- Giving directions to a lost hospital visitor
- Escorting a patient with mobility problems to where they need to be
- Making a delivery from the Gift Gallery

Listed above are just a few things that you offer with a smile – time and time again, and for this and much more, I am so thankful for you!

So, what keeps our volunteers so remarkably amazing, other than their genuine compassion and love of volunteering? Their knowledge! With this in mind our Annual Volunteer Training Manuals will be mailed to all active volunteers the first of February. Once received please complete the attached forms and send our way so that all of our volunteers are in compliance in regards to Joint Commission standards. In addition, I have conjured up a few fun activities for the month as well...Trivia, Muffins, Valentine Treats and our Reading Challenge is still underway!



As you see, February can be filled with an abundance of fun, warmth and affection, so in closing, here's wishing you a very special "one of a kind" Valentine's Day!

Happy Valentine's Day, my dear, sweet 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 not meet in February, as meetings will resume again in March 2024.

The **Pleasure Guild** will meet on February 1st at 1:00 p.m. at Port City Pub, which is located at 424 Chillicothe Street in Portsmouth.

The **Hope Guild** will not meet in February, as meetings will resume again in March 2024.

The **Pediatric Guild** will meet on February 14th at Port City Pub, which is located at 424 Chillicothe Street in Portsmouth, where a “Galentine’s” theme will be enjoyed by all!

The **Service Guild** will not meet in February, as meetings will resume again in March 2024.

The **Kardia Guild** will not meet in February, as meetings will resume again in March 2024.

## Volunteers in Action

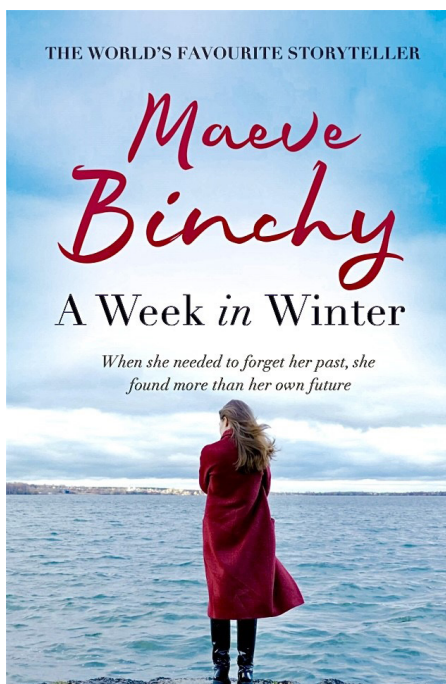
*“Volunteers do not necessarily have the time; they have the heart.”*



Jane Jennings – Gift Gallery



Catherine Del Valle  
& Yeti – Volunteer  
“Pawsitive” Care Team



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## Volunteer Book Club

The book chosen to discuss February is “A Week In Winter” by Maeve Binchy, and we are scheduled to discuss the title on February 17th at Hill View at 12:00 p.m. For further information or to RSVP, please contact the Volunteer Office at 740-356-8234.

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# TRAINING

## Annual Volunteer Education Scheduled for February

With large volunteer luncheons not yet scheduled for 2024 – what is scheduled, is keeping our volunteers updated and informed. With this in mind, on February 1st, Volunteer Services will be mailing “Annual SOMC Volunteer Training/Educational Booklets” to all active volunteers. Once received, volunteers are asked to review the information and return the required signed documents in the enclosed self-addressed, stamped envelope for recording. When individuals wonder why SOMC Volunteers are so exceptional – our volunteers not only have the heart, compassion and commitment – SOMC Volunteers also have the essential education as well! For further information please contact the Volunteer Office at 740-356-8234.

## Spring Cleaning Comes Early

The Volunteer Office has already starting a little “spring cleaning,” with our volunteer database. Currently we are in the process of updating our existing volunteer information. So, it is very important to have the most up-to-date information on our volunteers – that way we can be certain that you are receiving all the news we need to get your way, as well as house all of the accurate information in regards to hours, current address, email and emergency information. At your convenience just give the Volunteer Office a call (740-356-8234) and we will be more than happy to update your info!

## COMING SOON:

## 2024 Pediatric Guild Flower Sale

The SOMC Pediatric Guild is gearing up for their annual flower sale with pre-orders beginning March 1st and pick up in time for Mother’s Day! Further information as it unfolds will be posted on all SOMC social media outlets and throughout our community – So, mark March 1st on your calendars and stay tuned for this anticipated and exciting sale!



## Looking for Gift Ideas for Valentines Day?



### Stonewall Kitchen

Fluffy pancake, delicious cookie, scones and brownie mixes, southern classic savory simmering sauces, decadent dessert sauces, sweet BBQ grilling sauces from Stonewall Kitchen, and more are all at your fingertips in the SOMC Gift Gallery!



### Russell Stover

Need a chocolate fix, or do you find yourself needing that perfect gift? Yes, the SOMC Gift Gallery is fully stocked with an array of delicious chocolates and favorite hard candies from Russell Stover - so be sure and stop by!



### BubbleLick

Do you have children in school, or pets in daycare? Looking for a fun way to add excitement to their Valentine gifts? Check out our selection of BubbleLick flavors that you will find available in the SOMC Gift Gallery. Think flying candy in bubble form. This fun and unique item makes the perfect gift - and is definitely approved by Jenny Lavender's grand dog, Sam too.

Yes, Valentine's Day is just around the corner, and SOMC's Gift Gallery can assist you in making this particular day quite special with a nice selection of thoughtful gifts for her or gifts for him! For further information contact the SOMC Gift Gallery @ 740-356-8360 or stop by today and let the Gift Gallery team take care of your Valentine wishes!



## Volunteer Services Hosts Winter Reading Challenge

Who doesn't enjoy snuggling up with a good book when it's cold outside?!? Besides, whether your New Year's resolution is to improve your health, learn a new skill or read more, SOMC Volunteer Services is hosting once again, a challenge that may motivate you to do just that! Starting January 3, you can obtain a Reading Challenge form from Volunteer Services and get ready to mix it up! There are 15 reading categories that may delight you, push you outside your reading comfort zone, or introduce you to your new favorite author. Simply read books that match at least five of the 15 categories, turn in your completed challenge form and be entered in the drawing on February 28th for a fun cozy winter reading prize! (One entry per volunteer). Categories include:



- » A book published before 2000
- » A book you have been looking forward to
- » A book with food or drink on the cover
- » A cozy mystery
- » A book by an author who has written more than 10 books
- » A book that is first in a series
- » A book with a one word title
- » A book by an author you've never heard of before
- » A book recommended by a friend
- » An digital audio or e-book
- » A book with a number in the title
- » A book with a love triangle
- » A Cookbook
- » A book based on a true story
- » A book with a "color" in the title

For further information or to have a challenge form emailed to you please feel free to contact the Volunteer Office at 740-356-8234.

## Guild Fundraising

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On February 8th and 9th the Pleasure Guild will host their popular "Jet's & Sweet Shop Sale," just in time for Valentine's Day from 7:30 a.m. – 4 p.m. in the Waller/ED Corridor. Jet's Gourmet Popcorn's Sweet Shop Collection is open to the public and offers an array of Gourmet Truffles, Clusters, Chocolate Covered Pretzels, Jumbo Cinnamon Rolls, Crème Filled Bismarcks, Decorated Sugar Cookies, Popcorn & More! For further information contact Volunteer Services at 740-356-8234.

On February 15th from 8:00 a.m. – 4:00 p.m. and February 16th from 8:00 a.m. – 3:00 p.m. the Hope Guild will host their popular "Books Are Fun Sale" in the Waller/ED Corridor. This sale includes books, as well as gift items for all ages and is open to the public. Yes, unbelievable prices on hundreds of items! For further information contact Volunteer Services at 740-356-8234

# What's on the Menu

## Shabby Chic Chili

*"This chili was created for a chili cook-off many years ago when I went up against my husband with his "Industrial Strength" chili. His being a more hot and spicy chili, I wanted mine to be a more mild version, offering just the right amount of beans, ground beef and a really flavorful sauce – so I did, and titled my entry "Shabby Chic Chili" displaying it in tea cups, along side of mini corn muffins. By the way, neither one of us took home the top prize – but mine did get more votes than his – LOL! Enjoy" - Jenny*

### Ingredients

- » 2 tablespoons oil
- » 1 1/2 pounds ground beef
- » 1/2 teaspoon salt
- » 1 (10 oz.) can French onion soup
- » 1 tablespoon chili powder
- » 2 teaspoons cumin, ground
- » 1/2 teaspoon black pepper
- » 2 teaspoons cocoa powder
- » 2 (14 oz.) cans kidney beans, drained and rinsed
- » 1 (6 ounce) can tomato paste
- » 1 (8 ounce) can tomato sauce
- » 1 cup cola (Coca Cola or Pepsi)

Brown ground beef along with salt in oil. Drain meat and return to crockpot. Put soup in blender and blend for 1 minute. Add all other ingredients, including soup, to crockpot. Let simmer on low for 6 hours or on high for 2 hours.



## 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.



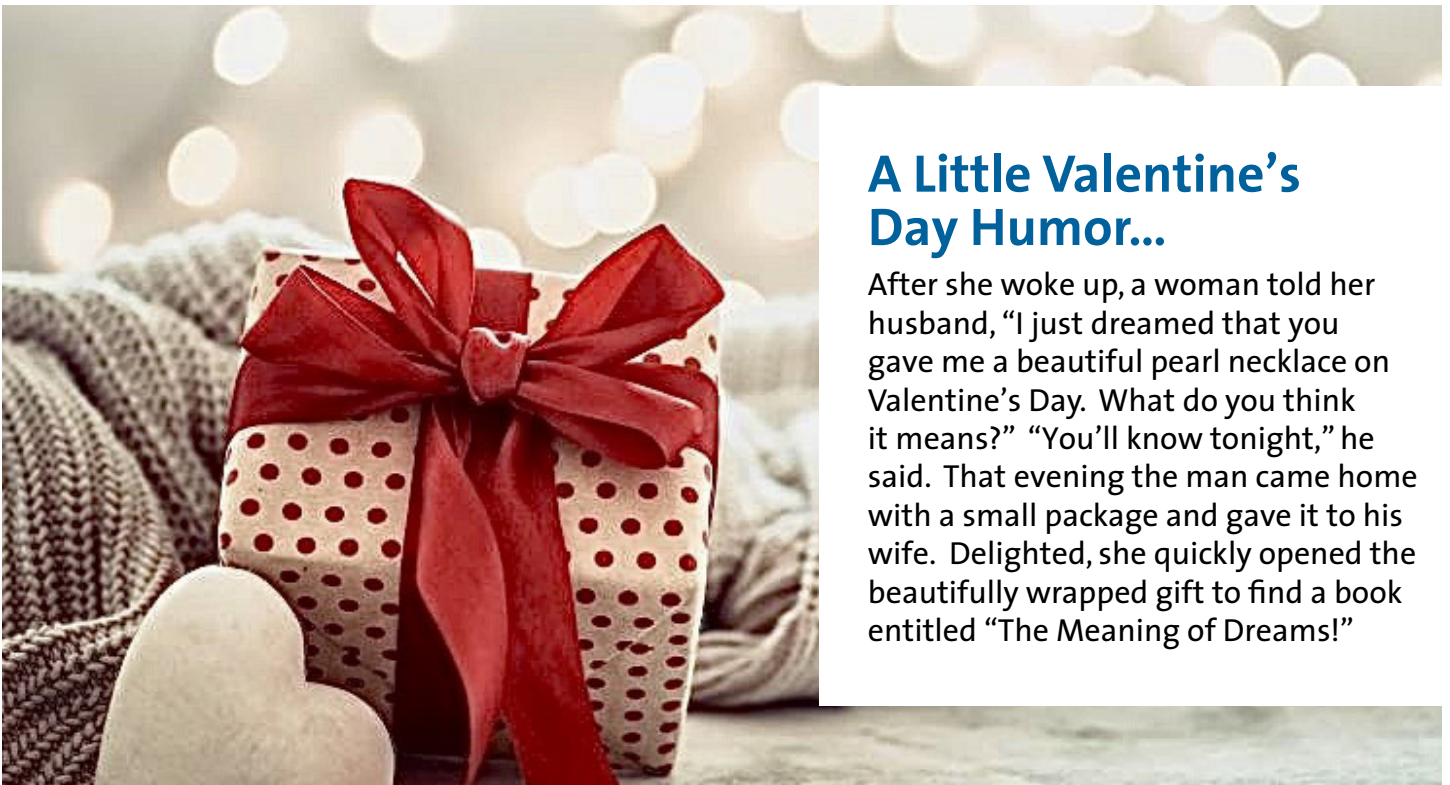


## A Good Life Is A Collection of Happy Moments

From small beginnings, comes great things...future SOMC Volunteer.

*“While chatting with a couple of my volunteers in the Volunteer Office this morning, their grandson noticed that I had a muffin sitting under the cake dome on my desk. After the muffin was retrieved he curled up under my desk like a little chipmunk and enjoyed his chocolate chip muffin. This sweet little face made my day, and hopefully yours too.” - Jenny.*

Do you have a photo of a happy or positive moment that is sure to bring a smile to someone’s face - or a photo that will remind someone of the beauty and joy life offers? If so, send them to [lavendej@somc.org](mailto:lavendej@somc.org) or mail them to SOMC Volunteer Services, 1805 – 27th Street, Portsmouth, OH 45662 to be placed in an upcoming issue of the volunteer newsletter.



## A Little Valentine’s Day Humor...

After she woke up, a woman told her husband, “I just dreamed that you gave me a beautiful pearl necklace on Valentine’s Day. What do you think it means?” “You’ll know tonight,” he said. That evening the man came home with a small package and gave it to his wife. Delighted, she quickly opened the beautifully wrapped gift to find a book entitled “The Meaning of Dreams!”



## Did You Know

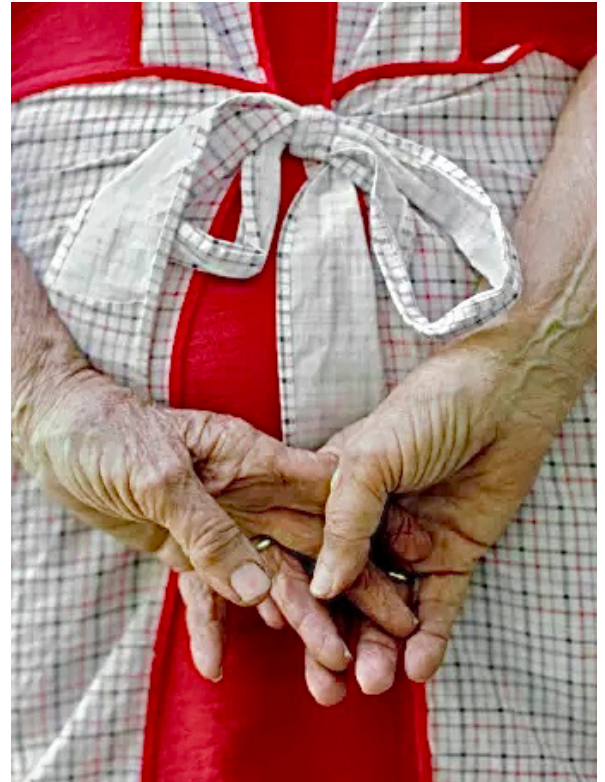
The odds of being born on February 29th are 1 in 1,461, or .068 per cent, as Leap Day only comes around once every 1,461 days. That makes them a real minority, with only about five million “Leaplings” in the whole world.

## February Birthdays

2/1 Wyatt Crawford  
2/2 Avery Gosselin  
2/2 Deb McGinnis  
2/3 Gage McGraw  
2/5 Lexy Carter  
2/5 Breanna Horton  
2/5 Jean Ann Lemon  
2/7 Megan Austin  
2/8 Allison Mowery  
2/8 Karleigh Lennex  
2/9 Bob Hurley  
2/12 Goldie Griffith  
2/13 Kelli Roseberry  
2/13 David Ferrell  
2/13 Laura Luthy  
2/13 Alexa Crabtree  
2/14 Paul Wagner  
2/14 Thomas Bennington  
2/14 Karen Wood  
2/15 Ethan Jones  
2/15 Mary Martha Questel  
2/19 Casey Mahoney  
2/20 Nathaniel Shepherd  
2/21 Howard Richard  
2/21 Dylan Scherer  
2/21 Carolyn Crabtree  
2/22 Roger Moore  
2/22 Kayla Ward  
2/25 April Eick  
2/25 Brenda Fucci  
2/25 Patty Spriggs  
2/27 Lisa Morgan

## Grandma's Apron

I don't think most kids today know what an apron is. The principle use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came, those aprons were ideal hiding places for shy kids, and when the weather was cold, she wrapped it around her arms. Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready, she walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner. It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes.







## Volunteer Services Observes National Muffin Day

With National Muffin Day observed on February 20th Jenny Lavender will be celebrating the occasion by whipping up her famous muffins and sharing them with her sweet volunteers on this particular day from 10 a.m. – 12 p.m., or while they last! By the way, if you are familiar with Jenny's muffins, they are not your typical sized muffins, as one of those generous portioned gems can be easily shared between two people or made into two servings...breakfast, and a midnight snack!

## 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 or feel free to stop by and see us, as we are located in the Waller Building, Suite 204A.

## Volunteer Satisfaction Survey

Your work as a volunteer at Southern Ohio Medical Center is very important to us, and we thank you for your continued support and commitment to our organization. As we embark on a new year, a volunteer satisfaction survey was recently mailed to all active volunteers. Once received please return your completed survey no later than February 1st. Please note that your participation is voluntary and confidential – we do not need your name – you may skip any questions that you do not want to answer – and, your answers will not affect your volunteer opportunities. Once the results are in, we will summarize the completed surveys and use the information to help improve how we deliver our volunteer program. A summary of the scores will also be shared with our volunteers in an upcoming newsletter. If you have any questions in regards to this survey, please contact the volunteer office at 740-356-8234. Thank you in advance for your response!

## Pleasure Guild Makes Donation

From time to time, families of patients will utilize the public showering facilities at Hospice and are in need of basic toiletries. With this in mind, the SOMC Pleasure Guild recently donated 200 personal care product packages to Hospice to fulfill this necessity. The toiletries are travel size to maximize the cost, as they will bring comfort to the families as they journey through a tough chapter of life with their loved one.



## Celebrating Volunteer Day

“V” is not just for Valentine’s Day – “V” is for Volunteer Day too! After all, volunteering is an act of love, so the countdown to this exciting day is on! To celebrate and because we just couldn’t think of a sweeter way to say “I Love You” to our wonderful and amazing volunteers, be sure and stop by the Volunteer Office (Waller Bldg., Suite 204A) or the Gift Gallery on Wednesday, February 14th between the hours of 11am-1pm for a delicious “heart-shaped” cookie to celebrate the occasion! For further information contact the Volunteer Office at 740-356-8234.

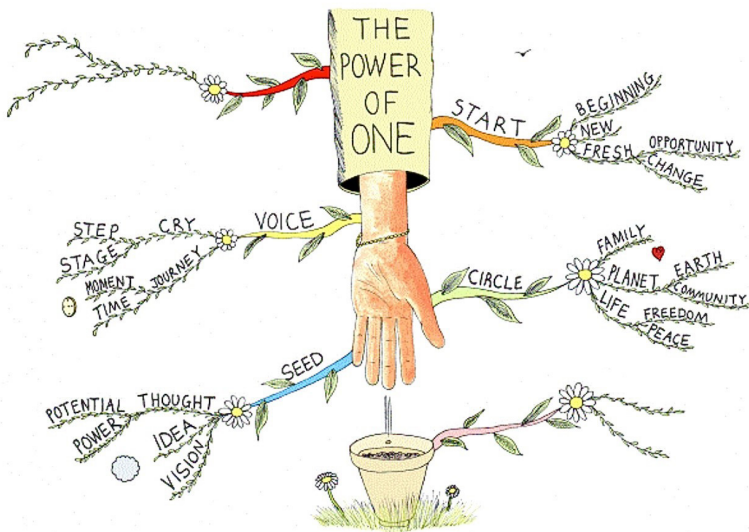


## Get Rewarded This Year For Making Your New Year’s Resolution!

Remember all of those things you swore you would or wouldn’t do last year? You know that list of New Year resolutions? Believe it or not, most of us make New Year’s resolutions we soon find hard to keep, and usually, they fall by the wayside because they are either impossible or unrealistic. However, have you ever noticed that if you have someone committed to the same goal you have it seems to be much easier? Yes, with this in

mind, and to share in the recruitment of new volunteers (a realistic goal) I have come up with a New Year’s resolution that not only offers an incentive when attaining the goal, but does this on an individual basis. Yes, 3 new volunteers, that complete the entire volunteer process = 1 delicious and delectable dessert to take home to enjoy – along with a gift card from a local establishment, just by attaining 3 friends, family members and/or acquaintances to join you in volunteering at SOMC! If I have your attention and you find yourself interested be sure and contact the Volunteer Office to begin! Also if you should have any questions just contact the Volunteer Office at 740-356-8234.





## The Power of One

One song can spark a moment,  
 One whisper can wake the dream.  
 One tree can start a forest,  
 One bird can herald spring.

One smile begins a friendship,  
 One moment can make one fall in love.  
 One star can guide a ship at sea,  
 One word can frame the goal

One vote can change a nation,  
 One sunbeam lights a room  
 One candle wipes out darkness,  
 One laugh will conquer gloom.

One step must start each journey.  
 One word must start each prayer.  
 One hope will raise our spirits,  
 One touch can show you care.

One voice can speak with wisdom,  
 One heart can know what's true,  
 One life can make a difference,  
 You see, it's up to you!

## 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.
- » Remember to mail your volunteer satisfaction survey in.
- » Volunteer Reading Challenge  
January 3 – February 28.
- » Volunteer “Valentine Treats.”  
February 14, from 11am – 1pm,  
Volunteer Office & Gift Gallery
- » Volunteer Book Club –  
February 17 – 12pm
- » National Muffin Day – February 20, 10am – 12pm, Volunteer Office & Gift Gallery
- » Make sure you are turning in your volunteer time.
- » Annual Volunteer Education – throughout the month of February.
- » Volunteers are being sought for the following departments: Gift Gallery, Heart & Vascular, Human Resources, Laundry and Hospice. If you are interested in obtaining further information regarding these particular areas and responsibilities, please contact the Volunteer Office.
- » If you have not received your flu vaccination please contact the Volunteer Office to schedule, as all volunteers MUST receive a flu vaccination as per SOMC policy.
- » 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).



## Valentine Candy Game

The first thing that comes into most people's minds when they think of Valentine's Day is candy, candy, candy. So why not test your candy IQ with this fun Candy Quiz! When you're finished you may e-mail the answers to [lavendej@somc.org](mailto:lavendej@somc.org) or drop off your answers to the volunteer office for your chance to win some valentine candy of your own! All answers must be received no later than February 14th.

1. A famous swashbuckling trio of old -
2. Galaxy -
3. Red Planet -
4. Not laughing out loud -
5. Can't hold onto anything -
6. Famous former baseball player -
7. Famous New York Street -
8. Twin Letters -
9. Superman's other identity -
10. A sweet sign of affection -
11. Favorite day for working people -
12. What bees want -
13. Nut happiness -
14. Two female pronouns -
15. A feline -
16. Single women are looking for him -
17. Round flotation devices -
18. Sun Explosion -
19. Bite with crackling noise -
20. Dry Cow -
21. Absolutely nothing -
22. Determines who wins the game -
23. Birds released at Weddings -
24. An orchestra of music -
25. What some lottery winners might win -

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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)

**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!