

Friend Friend

VOLUNTEER NEWSLETTER JUNE 2024



Janet Evans, Eloise White, Pat Spriggs and Joyce Payton
– Kardia Guild Members gathered @ Wolford's Landing

A Note from Jenny

Summer is just around the corner and the warm weather isn't the only thing to get excited about, as I am pleased to announce that the SOMC Summer Junior Volunteer program will be getting underway June 10th and continue through August 2nd. This year we have a fabulous group of high school students that will put aside the sandy beaches to dedicate their time to the patients and staff at SOMC. Each summer we invite teenagers, ages 16 years and older to join our Summer Junior Volunteer Program, as this provides them the opportunity to assist in various departments of the hospital such as patient floors, Same Day Surgery, Hospice, and many other exciting departments! Yes, these exceptional students will be bringing with them not only their enthusiasm, positive attitudes and energy – but their passion to help the people in their community and to gain valuable volunteer experience that is sure to last a lifetime as well!

Seeing that we are on the subject of “volunteering,” and if you haven't heard...new research shows

that volunteering is good for your health no matter what age you are, as it increases self-confidence, allows us to remain physically healthy, and there are benefits in cognitive functions, such as memory and attention – therefore to stay sharp, feel great, and keep healthy, I guess we can forget the Botox – and just volunteer!

In all sincerity, your volunteering truly makes an immeasurable difference in the lives of others here at SOMC, as each and every one of you is a piece of the puzzle with a large purpose in making change and creating opportunity throughout our hospital – and without your amazing hearts, generous souls and skills beyond compare, our organization would be less connected and less beautiful – so with a grateful heart... thank you for all you do! You are appreciated beyond measure!

In closing, “Here's to barbecues and baseball games and days at the beach and bicycle rides and sunshine and lemonade and the smell of fresh-cut grass and flowers and picnics

in the park and warm rain and ice cream and barefoot afternoons – Here's to summer...” Wishing you a wonderful and enjoyable summer season filled with limitless memories!



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** will recess for the summer months (June, July, August) and reconvene in September 2024.

The **Pleasure Guild's** next meeting will be held on Thursday, June 6th at 1:00 p.m. at Port City Pub, which is located at 424 Chillicothe Street in Portsmouth.

The **Pediatric Guild** will not meet in June, however, are scheduled to meet during the month of July.

The **Hope Guild's** next meeting will be on June 14th at 11:30 a.m. at Gatti's Pizza, which is located at 1658 – 11th Street in Portsmouth.

The **Kardia Guild** will meet on June 20th at 12:00 p.m. at Wolford's Landing, which is located at 6888 E. Front Street in Sciotoville.

The **Service Guild** will recess for the summer months (June, July, August) and reconvene in September 2024.

Volunteers in Action

“Everyone has the power for greatness, not for fame but for greatness, because greatness is determined by service.”



Sandy Murta, Alison Ottney and Sharon Pertuset – Hike for Hospice T-Shirt Sales.



Pleasure Guild Business Meeting @ Scioto County Welcome Center, with guest speaker – Claudia Burchett



Hope Guild Members – May Business Meeting, with guest speaker – Mary Arzen.



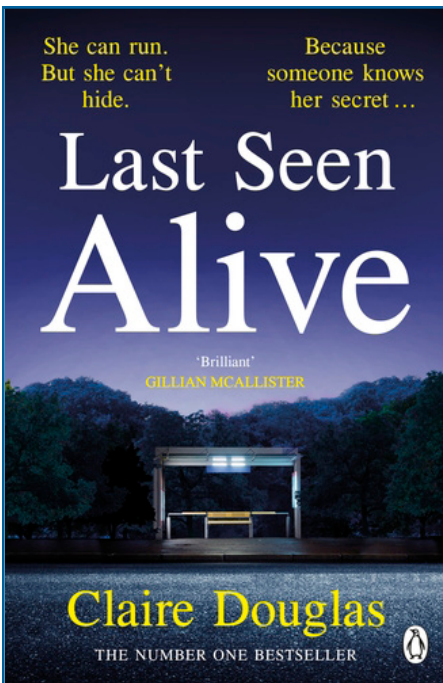
Yeti – Visit at Hospice before heading to the Prom.

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

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Volunteer Book Club

The book chosen to discuss in June is “Last Seen Alive” by Claire Douglas. We are scheduled to discuss the title on June 15th at 12:00 p.m. at Hill View. If you are planning to attend please contact the Volunteer Office at 740-356-8234 to RSVP.

Gift Gallery Training Scheduled

On Tuesday, June 11th an annual training session for volunteers that are assigned to SOMC’s Gift Gallery will be held at 1:00 p.m. at the shelter house at Wolford’s Landing Campground (6888 E. Front Street - Sciotoville). This particular meeting will review changes in procedures, along with highlighting various updates geared towards the Gift Gallery. The Volunteer Office will be contacting those particular volunteers to schedule in advance.

Guild Fundraising

The popular “Sweet Shop Sale” will return on June 12th - 13th from 7:30 a.m. – 4 p.m. (both days) in the ED/Waller Corridor. This fabulous sale offer delicious Cinnamon Rolls, Cookies, Candy and of course, Jet’s Popcorn! The perfect gift for Dad’s special day (Father’s Day), weekend get-togethers or simply a treat for yourself to enjoy! For further information please contact Volunteer Services at 740-356-8234.

June Birthdays

- 6/1 Belinda Dingess
- 6/1 Tom Greene
- 6/3 Catherine Del Valle
- 6/3 Joyce Payton
- 6/9 Vivian Dettwiller
- 6/5 Alicia Liu
- 6/10 Rosalee Greene
- 6/10 Dorothy Riddlebarger
- 6/13 Jessica Evans
- 6/19 Megan Gleadle
- 6/20 Jennie Stepp
- 6/20 Hannah Young
- 6/21 Kathy Arnett
- 6/21 Tami Davis
- 6/22 Cara Dobbins
- 6/23 Donna Gregory
- 6/23 Sue Ellen French
- 6/24 Kenny Sanderlin
- 6/27 Loren Hardin
- 6/27 Ruth Ann Logan
- 6/28 Tracy Lewis
- 6/29 Sandy Cable
- 6/29 Debbie Morgan
- 6/29 Lydia Bell



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, June 25th 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.

What's on the Menu

Sweet Biscuits

These sweet gems truly are a thing of amazing, simple perfection, especially when served at brunch – warm from the oven, with melting butter and seasonal jams – which is always a go-to recipe when serving up Strawberry Shortcakes during the summer months!

Ingredients

- » 3 cups flour
- » 1 cup sugar
- » 4 teaspoon baking powder
- » 1/2 teaspoon salt
- » 3/4 cup butter
- » 2 tablespoons lemon juice
- » 1 teaspoon vanilla extract
- » 3/4 cup milk, (approximately)
- » 1 large egg
- » Egg wash (1 egg + 2 tablespoons water, whisked)
- » 4 tablespoons turbinado sugar



Preheat oven to 375 degrees. Combine flour, sugar, baking powder and salt and cut in the butter until mixture resembles coarse crumbs. Next, make a well in the center of the dry mix. Mix together the lemon juice, vanilla, milk and 1 egg then pour into the well and mix only enough to form a dough ball. Roll to 1 inch thickness and cut out biscuits with 3 inch biscuit cutter and place on parchment lined baking sheet. Whisk together the egg and water to make an egg wash and lightly brush the tops of the biscuits with it. (You will only use a small amount of the egg wash). Sprinkle turbinado sugar on the top of the biscuits and bake for 17-20 minutes or until golden brown.

ANNOUNCEMENTS

- » Annual Volunteer Education – Return Documentation ASAP
- » Summer Jr. Volunteer Program Begins – June 10
- » Volunteer Safety Awareness Week – June 10 – 14
- » Gift Gallery Training – June 11 – 1pm – Wolford's Landing Campground
- » Sweet Shop Sale – June 12 & 13 – Waller ED Corridor
- » Volunteer Book Club – June 15 – 12pm – Hill View
- » Father's Day – June 16
- » Euchre & Scrabble Social – June 25 – 1pm – Wolford's Landing Campground
- » Knit for Hope – June 25 – 5pm – Wolford's Landing Campground
- » 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 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. On the agenda...

Monday, June 10

Don't Be Scared - Be Prepared

Unexpected emergencies are inevitable — at some point in our lives, almost all of us will have a brush with a tornado, flood, blizzard or storm. But there's no use in worrying yourself sick; the best way to defend yourself is to have an emergency preparedness plan in place. June 10th will kick off SOMC Volunteer Service's Safety Week with info on developing the perfect Emergency Preparedness plan for you! So, stop by the volunteer office for details and to be entered in a "safety" drawing - with a winner announced at the end of this particular week!

Tuesday, June 11

Chair Fit Camp

Ever think about a workout that is easy and beneficial for your body? Let us talk about chair yoga. In a comfy chair, you can work on staying agile, keeping your balance sharp, and calming your thoughts. Ready to find out how sitting down can lift your health? If so, plan on joining Volunteer Services at Wolford's Landing Campground on Tuesday, June 11th at 10am for this beneficial program you are sure to enjoy!

Wednesday, June 12

Have A Food Safe Summer

While the warmer weather conditions may be ideal for outdoor picnics, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips that will be available in the volunteer office on June 12th from 9am-11am!

Thursday, June 13

Caution: Use You Brain, Safety First

The most important piece of PPE is the human brain. Brain health/sensory interactive puzzles will be available to enjoy in the volunteer office on June 13 from 10am - 1pm, so stop by and enjoy a little relaxation while focusing on fun and unique brain puzzles!



Friday, June 14

Don't Lose Sight of SAFETY - Preventing Eye Injuries at Home Can Save Your Sight

Stop by Volunteer Services on Friday, June 14 from 10am-12pm for information on Eye Health & Safety, and receive a unique "edible" gift created for this particular enlightening theme too! Volunteer Services is located in the Waller Building, Suite 204A Wolford's Landing Campground is located at 6888 E. Front Street in Sciotoville.

Here's the "Deal"

On Tuesday, June 25th volunteers can enjoy an afternoon of cards and fun, as the Volunteer Office will offer a "Summer Euchre & Scrabble Social" from 1pm – 3pm at Wolford's Landing Campground, which is located at 6888 E. Front Street in Sciotoville. If interested, to RSVP or for further information please contact the Volunteer Office at 740-356-8234.



A Little Father's Day Wisdom to Celebrate the Occasion

Today is Father's Day and I will probably receive my usual present – a pair of tennis shoes. Not that I am complaining, mind you. My wife always gets flowers on Mother's Day and I can play a lot more tennis with shoes on my feet than with flowers in my hand. The best present I receive annually, however, is the comfort of knowing that I have three good children and good health, and with that, a father could ask for nothing



more. Father's Day is not quite as politically correct as Mother's Day. In my church, for example every woman – whether she is as fruitful as Rose Kennedy or as barren as Abraham's wife, Sarah – gets an award of some kind on Mother's Day. Society is deathly afraid to leave any woman out of anything, so every female is recognized on Mother's Day. It is not so with men. You actually have to be a father to be honored on Father's Day, at least in my church. And fathers, deserve every honor they get. If not for fathers, the trash would never get taken out, the lawns would never be mowed, and mothers could not threaten, *"Wait until your father gets home!"* Although the ultimate responsibility for every dirty deed eventually falls on the father, he is almost always kept out of the loop until the world is about to come crashing down. Whatever the tragedy, fathers are usually the last to know. Fathers always seem to get the short end of the stick. When the camera focuses on a group of youngsters at a major sporting event, the sign these kids are holding up usually reads, *"Hi, Mom."* If the father is mentioned, the sign usually reads, *"Dad! Send Money!"* In the next edition of Roget's Thesaurus, I expect to find wallet listed as a synonym for father. Yes, we fathers richly deserve our day and our annual pair of tennis shoes. We are a blessing to our children. But when we have passed on to that great recliner in the sky, will our children remember us and the tremendous sacrifices we have made on their behalf? Maybe. But more likely it will be those famous fatherly sayings we uttered so often that will become our legacy! *"Do you want me to turn this car around and go home?"* *"Why didn't you go before we left the house?"* *"If you all don't behave, I'll stop this car and put you out!"* *"Do you think I'm made of money?"* *"If I have to come up there, everybody's going to get it!"* *"Get a car? When I was your age I walked to school – in snow up to here!"* *"Do you want to spend the rest of your life in your room?"* *"I don't care what your friends' parents let them do!"* *"Your girlfriend has her what pierced??!"* *"You need to get a job!"* Happy Father's Day – Wishing You the BEST DAY EVER!

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.

NEW Volunteers

Emilie Riley
Brayden Yarnell
Tammy Buffinger
Lacey Estep



Handmade Get Well Cards Make SOMC Patients Smile

Kindergarten and 4th Grade students at Portsmouth Elementary had plenty of reasons to smile - 120 reasons, in fact! These amazing children created 120 “get-well” cards for our patients that were dispersed through our Volunteer Services Department. Yes, our patients were absolutely delighted and touched by the sweet gesture, with the wishes truly brightening their day! Many thanks to these thoughtful students and their teachers, as this reminds us all that when it comes to kindness, there is no age limit!

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Did You Know...

Watermelons are a favorite summer treat because it is a great thirst quencher. In fact, it consists of 92% water! Believe it or not, Americans eat a whopping 15 pounds of watermelon annually! No wonder watermelons are summer’s favorite fruit!



Summer Reads

June is the perfect month to sit at the beach, or on the porch and read a real page-turner. Therefore following are the top five titles that have been enjoyed by the “Volunteer” book club, a group comprised of SOMC volunteers that you just might enjoy. Yes, these titles are so good, you might not want to put them down -- so be sure to have extra sunblock on hand! If you are interested in obtaining further information regarding the club, just contact the Volunteer Office for details!



- » *The Prisoner* – by B.A. Paris. Suspicion, betrayal and dark secrets abound in this tense story - all hidden just beneath the surface of a seemingly perfect suburban life.
- » *The Couple At Table Six* – by Daniel Hurst. A gripping psychological thriller with a shocking ending that you won't see coming!
- » *Wrong Place Wrong Time* – by Gillian McAllister. A brilliantly genre-bending, mind-twisting answer to the question – “how far would you go to save your child?”
- » *A Walk to Remember* – by Nicholas Sparks. The charm of this lovely novel lies in its simplicity and purity; the quiet setting, the easy plot, the everyday characters and the beautiful and breathtaking, yet uncomplicated love story that'll make you believe in the most wonderful of fairy-tales.
- » *Then She Was Gone* – by Lisa Jewell. What begins as a story about the mother of a missing girl starting a new relationship as she comes terms with her grief morphs into a gripping, disturbing and utterly fascinating tale about what really happened to young Ellie Mack.

Jr. Volunteer Orientation Slated

Junior Volunteer orientation will be held on June 5th from 9:00 a.m. until 11:00 a.m. at the shelter house at Wolford's Landing Campground, which is located at 6888 E. Front Street in Portsmouth. The second day of training, also at Wolford's Landing Campground will take place on June 7th from 9:00 a.m. until 10:00 a.m. (Casual attire may be worn during both days) Please keep in mind that you must be present for both days of orientation. The Junior Volunteer uniform once volunteering commences will consist of navy or khaki knee-length walking shorts and a white, navy or red polo shirt with comfortable shoes and socks. If you have any questions concerning the Summer Junior Volunteer program or to RSVP, please contact the Volunteer Office at (740) 356-8234.





Take A Daily Vacation...

Even with our busy and hectic schedules, it's so rewarding to take time to relax and unwind. With this in mind, check out the ideas listed below for end-of-the-day relaxation fun that you can use to chill out while enjoying some good, old-fashioned quality time together.

Walk-n-Talk

There is no better way to get some exercise and still be able to catch up on everyone's day than going on a walk. If you have the time (and the weather is on your side), get the family together and take a leisurely stroll enjoying each other's company before the sun sets.

Game On

Whether your family enjoys charades or board games, there's sure to be a game everyone can participate in! (Don't forget the volunteer get-together on June 25th for those Euchre and Scrabble enthusiasts)

Family Dinner

Even though it can be difficult to get the entire troop together it's always nice to have a sit-down dinner. The menu doesn't have to be fancy, so long as you're sharing quality time.

If you can't do dinner...Do dessert!

Make sure it's a healthy treat, such as fruit or popsicles. Take the family out for dessert or simply snack on something while enjoying the beautiful outdoors. After all – who can pass up dessert!?!

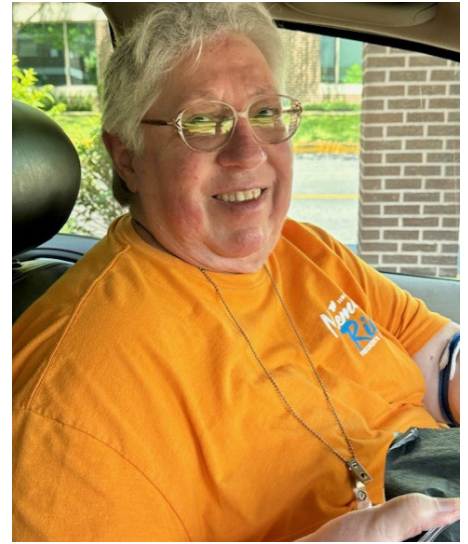
Simply Share

When all else fails, simply take some time to share. Whether you are grabbing a snack or getting comfy on the couch, take a moment to talk about the day. This little break will be a refreshing release, and also give each other a glimpse into the other's day.

Relaxation before bedtime is key to achieving a good night's rest. By unwinding, everyone has a chance to take a break from the day's activities, when also enjoying some quality time together. So get in the habit of getting everyone together before bedtime this summer!

Happiness Served In A Slice...

On National Apple Pie Day (5/13) Volunteer Services celebrated the occasion with their volunteers with a delicious slice of Apple Pie! “Any way you slice it, be it National Apple Pie day or not – volunteers are as SWEET as pie either way! Just another fun way to thank you for all you do!



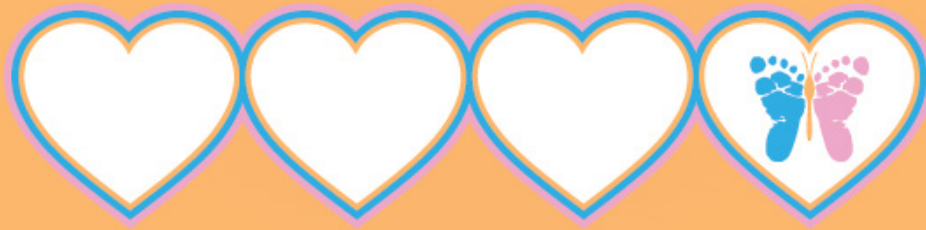
Beauty Sleep Just Got An Upgrade!

Did you know that wearing an eye mask to block out light while sleeping overnight in the home improves memory and alertness the next day? We all are aware that traditional sleep masks feel heavy on the eyelids, let ambient light in, and use elastic loops that pull on the ears. However the new “40 Blinks Sleep Mask” by Bucky that just arrived to the SOMC Gift Gallery, is specifically designed with the utmost comfort in mind. The deep molded cups allow space between the eye and the mask (which is perfect for lash extensions), and you can blink freely without pressure! Yes, these unique masks are made with a fabric that is extremely lightweight, breathable, flexible, and durable. Therefore, a good

night’s sleep is guaranteed! So stop by the Gift Gallery today and pick up one of these new and exciting masks for yourself – or for a special gift that is sure to be appreciated! The Gift Gallery is open Monday – Thursday: 8am – 4pm and on Fridays: 8am – 12pm. Just an FYI...*Did you know that your eye mask should be replaced every three to six months – about the same as your toothbrush! Any excessive heat or chemicals from facial creams or cosmetics may potentially wear down the fibers and decrease the lifespan of the mask...so there you go – the perfect opportunity to try out our new 40 Blinks Sleep Mask!*

One in Four

PREGNANCY AND INFANT LOSS AWARENESS



Southern Ohio
Medical Center
✓✓✓ Good things are happening here

REMEMBRANCE WALK

SOMC Remembrance Walk Set for June 1

The SOMC Development Foundation and Maternity staff invite you to join them for the 5th annual Remembrance Walk at 11:00 a.m. on June 1st at Earl Thomas Conley Park in West Portsmouth. This heartfelt event commemorates all babies lost to miscarriage, stillbirth, or infant death. The gathering will feature a touching ceremony where each infant's name will be read aloud, followed by a butterfly release. These butterflies symbolize love and healing. After the ceremony, a brief remembrance walk will honor our babies. Wind chimes can be preordered as a tribute to your baby and will be placed along the walking path instead of the signs used previously. Additionally, other activities for remembrance and resources will be available on grief and infant loss.

A Beverage Bouquet

Perk up your summer party by taking refreshment to another level. Simply pop a few edible flowers and/or berries into your ice trays, top with water and freeze. Then put these snazzy ice cubes into your ice bucket or lemonade. Quite impressive!



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

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