

Friend Friend

VOLUNTEER NEWSLETTER
SEPTEMBER 2023



Catherine Del Valle & Yeti – SOMC
Hospice & Rehab with Jenny
Lavender – Volunteer Services

A Note from Jenny

You can tell September has come back around, as in “Back to School,” or what I am seeing is “Back to Volunteering” – YEAH! Yes, volunteers are coming back from vacations, National Honor Society students are acquiring their time once again, and Interns are requesting schedules! Yes, the Volunteer Office has been quite busy lately – but you know me...I wouldn’t have it any other way! The more the merrier!

As we all know, Summer often appears carefree yet chaotic, so when September rolls back around, getting back to a routine can actually be calming and welcomed. Therefore, if you know someone who needs something to fill their “routine,” as you know, SOMC offers many volunteer opportunities, and as our active volunteers will attest – volunteering can bring purpose, socialization and allow you the use of your talents. So I propose the question to those who might be interested, “Why not make plans now not to sit home this fall – but to help “make a difference” by volunteering with us, right here at SOMC!”

Speaking of making a difference – I would like to thank all of our volunteers for making such a difference in the lives of others, as



you should be very proud of what you are contributing to SOMC and know that you are part of something much bigger than you could ever imagine! Yes, thank you for your commitment and for truly all you do for our patients, their families and the hospital. As I have said many times – “Best Volunteers Ever!”

In closing, as we embark on my favorite season it truly reminds me of you – beautiful, charming and magical. May the bright days of Fall bring you golden moments to treasure and remember always!

Hugs,

A handwritten signature in black ink, appearing to read "Jenny Lavender".

Jenny Lavender, Manager Volunteer Services

Guild News

Volunteers in Action

“Nothing is as strong as the heart of a volunteer.”

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 meet on Wednesday, September 6th at 10:30 a.m. at Cornerstone United Methodist Church, which is located at 808 Offnere Street in Portsmouth.

The **Pleasure Guild** will meet on Thursday, September 7th at 1:00 p.m. at Haute Stuff Catering, which is located at 1406 Kinney's Lane in Portsmouth.

The **Hope Guild** will not meet in September, however will reconvene in October.

The **Pediatric Guild's** next meeting will be held on Wednesday, September 13th at 12:00 p.m. at The Scioto Ribber, which is located at 1026 Gallia Street in Portsmouth.

The **Service Guild** will meet on Wednesday, September 20th at 12:00 p.m. at the Volunteer Office

The **Kardia Guild's** next meeting will be held on Thursday, September 21st at 12:00 p.m. at Lucasville Giovanni's, which is located at 10689 US 23 in Lucasville.



Alyce Ann Noel and
Brenda Lykins – Pleasure
Guild Masquerade Sale



Tanner Stevenson, pictured
with BIO Med Team



Kenny Sanderlin –
Heart & Vascular

Guild Fundraising

Books Are Fun will be back on-site in the Waller/ED Corridor on September 7th from 8:00 a.m. – 4 p.m. and September 8th from 8:00 a.m. – 3:00 p.m., with proceeds benefiting the Kardia Guild.

Jet's Gourmet Popcorn & Sweet Shop will host an exciting sale on September 20th and September 21st from 7:30 a.m. – 4 p.m. (both days) in the Waller/ED Corridor. Amazing treats and gifts will be available from this wonderful local establishment. Proceeds to benefit the Scioto Guild.

the **giftgallery**
at Southern Ohio Medical Center

Fall is soon to be with us and with this in mind, the Gift Gallery will be displaying a vast variety of new and exciting Halloween and Harvest

merchandise that you won't want to miss! In addition the Gift Gallery has also received a new shipment of fashionable fall purses, seasonal candy and beautiful home décor. To compliment this latest seasonal change specialty coffee, apparel and much more have been added for your enjoyable shopping experience as well. The SOMC Gift Gallery is open Monday – Thursday, 8am – 4pm. and Friday from 8am – 12pm. For further information please contact the Gift Gallery at 740-356-8360.

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.



Volunteers Enjoy Camping Cuisine @ Wolford's Landing

With the August curbside theme "Say YES to new adventures...Volunteer." Several SOMC Volunteers ventured out to Wolford's Landing and enjoyed a delightful lunch of camp-style cuisine - curbside. Needless to say, our volunteers were as excited as we were for this fun and enjoyable outdoor adventure.

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. The goal of mandatory flu immunization is to help protect our patients, staff and volunteers from flu and the risks it poses. Volunteers will have the opportunity to obtain their annual flu vaccination during the month of October by stopping by Employee Health (Waller Building – Suite 307A) Monday – Friday (October 2 – 31) from 8am - 4pm. If you should have any questions or need additional information, please feel free to contact the Volunteer Office at 740-356-8234.

New Volunteers

Brenda Fucci

Tom July

Alexa Crabtree

Melinda Snook

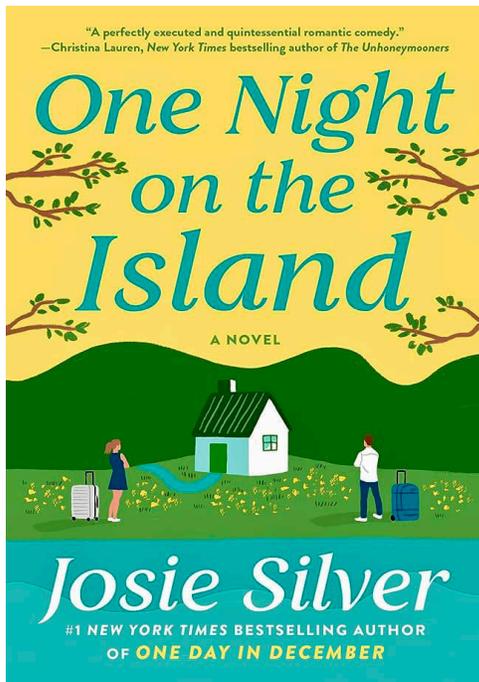
Elizabeth Bell

Nathan Johnson

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/>



Volunteer Book Club

The book chosen to discuss in September is “One Night on the Island” by Josie Silver, and members are scheduled to discuss the title on September 16th at Hill View Retirement Center to celebrate our book club’s 15 year anniversary! If you are planning to attend, please contact the Volunteer Office to RSVP at 740-356-8234.



Did You Know...

Did you know that according to superstition, catching leaves in the autumn brings good luck? Every leaf means a lucky month for the next year.

Volunteer Services Celebrates Back-To-School Month

As August has come to a close, we are smack dab in the middle of “back-to-school season.” Parents are sharing photos of their little ones, many holding signs announcing what grade they’ll be in, their favorite activities, and what their hopes and dreams are for the year ahead. With this in mind, Volunteer Services wanted to get in on the fun, as our Volunteers are living their BEST life and we learn from their wisdom every day! So, enjoy the following “Class of 2023-2024 SOMC Volunteers” who participated in this enjoyable activity!

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.



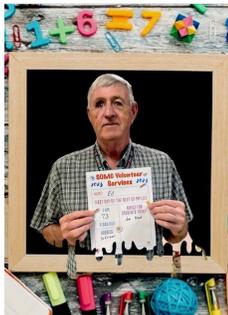
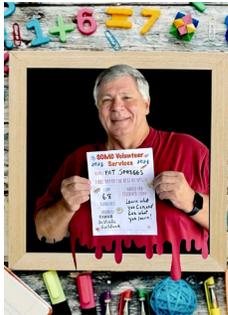
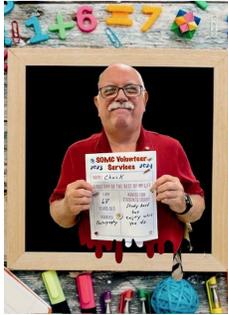
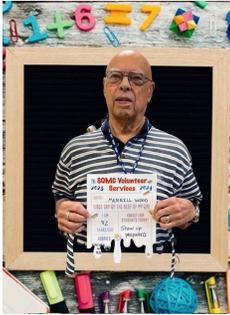
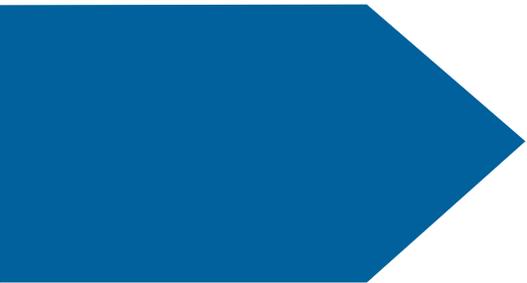
SOMC Volunteer Featured in National Publication

Congratulations to SOMC Volunteer, Goldie Griffith, as she has been featured in the following issue of Volunteer Management Report, a monthly national publication that offers practical tips, techniques, and best practices that help nonprofit leaders and professionals strengthen their volunteer programs and efforts within their organizations.

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 meeting is scheduled for Monday, September 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 740-356-8236.





What's on the Menu

Vermont Maple Cookies

If you have never had these amazing cookies, they are sure to become your new favorite – as they are soft, sweet, and rich in flavor with a delicious maple flavor, courtesy of the maple extract. These cookies will not disappoint!

Vermont Maple Cookies

- » 1 cup butter, softened
- » 3/4 cup sugar
- » 3/4 cup packed brown sugar
- » 2 large eggs
- » 1 teaspoon maple flavoring
- » 2-1/2 cups all-purpose flour
- » 1 teaspoon baking soda

- » 1 teaspoon salt
- » 2 cups white baking chips
- » 1 cup chopped pecans

Maple Glaze

- » 1/4 cup butter, cubed
- » 1-3/4 cups confectioners' sugar
- » 1/4 teaspoon maple flavoring



Preheat oven to 350 degrees. In a large bowl, cream butter and sugars until light and fluffy. Beat in eggs and maple flavoring. In another bowl, whisk flour, baking soda and salt; gradually beat into creamed mixture. Stir in baking chips and pecans. Drop dough by rounded tablespoonful, 2 inches apart onto ungreased baking sheets. Bake 10-12 minutes or until golden brown. Cool on pans 2 minutes. Remove to wire racks to cool completely.

For glaze, in a saucepan, melt butter over medium heat. Remove from heat. Gradually beat in confectioners' sugar and maple flavoring until smooth. Drizzle over cookies; let dry completely.

Store between pieces of waxed paper in airtight containers.

ANNOUNCEMENTS

- » The Volunteer Office and Gift Gallery will be CLOSED on Monday, September 4th in observance of the Labor Day holiday.
- » Flu vaccinations will be offered through Employee Health October 2nd – 31st (8:00 a.m. – 4:00 p.m.)
- » 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.
- » Annual Volunteer Education – Return Documentation ASAP
- » All American Breakfast Volunteer Curbside Event – September 14th – 10:00 a.m. – 11:30 a.m. – Wolford's Landing
- » Volunteer Book Club – September 16th – 1:00 p.m.
- » Volunteers Around the Campfire – September 18th – 11am – Wolford's Landing
- » Knit for Hope – September 25th – 5:00pm – Wolford's Landing
- » Volunteers are being sought for the following locations: Gift Gallery, Laundry, Heart & Vascular, Outpatient Rehab and Hospice.
- » 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

It's Possible

The teacher asked her class what each wanted to become when they grew up. A chorus of responses came from all over the room. "A football player." "A doctor." "An astronaut." "A fireman." "A teacher." Everyone in the classroom had a response. Everyone, that is, except Jimmy. The teacher noticed he was sitting there quiet and still. So she said to him, "Jimmy, what do you want to be when you grow up?" "Possible," Jimmy replied. "Possible?" asked the teacher. "Yes," Jimmy said. "My mom is always telling me I'm impossible. So when I get to be big, I want to become possible."



Jackson Bound

On August 18th the Hope Guild took their meeting on the road, with a stopover at Four Mile Bakery before heading to The Robin's Nest for their monthly business meeting. A special thank you goes out to SOMC Transportation Services for this fun and wonderful opportunity.



Volunteers Around the Campfire – A Social Gathering Platform

Camping definitely promotes strong relationships, and is one of the most popular outdoor bonding activities around! With this in mind, volunteers will have the opportunity to savor the fresh outdoors while enjoying each other's company at Wolford's Landing Campground. This relationship building activity scheduled for Monday, September 18th at 11am will definitely eliminate common distractions like phones or computers, giving volunteers the opportunity to reflect on various volunteering topics, enjoyable moments and camaraderie in a relaxing atmosphere. Light refreshments will be available. For further information or to RSVP, contact the Volunteer Office at 740-356-8234.





Biscuits & Gravy Breakfast to Highlight September Curbside Event

With September recognized as “All American Breakfast Month,” Volunteer Services will join in the celebration and host the next volunteer curbside activity on Thursday, September 14th from 10:00 - 11:30 a.m. at Wolford’s Landing Campground with a fun and delicious breakfast theme. Volunteers who drive-thru will receive a delicious dish of America’s morning favorite “Biscuits ‘n Gravy,” along with crispy bacon and orange juice – a simple, delicious and definitely “All American Breakfast” you are sure to enjoy! For further information contact the Volunteer office at 740-356-8234.

SOMC Guild Members – Save The Date

SOMC Guild Members, just a reminder that the Fall Guild Luncheon & White Elephant Auction will take place on Friday, September 22nd in the Braunlin Conference Center at 12pm. This fun and entertaining event is sure to provide a wonderful time for all – great auction items, delicious food and guaranteed laughter – all to support our SOMC Guild’s fundraising efforts. If you find yourself interested in joining an SOMC Guild (Hope, Kardia, Pediatric, Pleasure, Scioto, Service) – simply contact the Volunteer Office or any guild member for details!



Perfect Autumn Reading List

Fall is for crunching leaves on the sidewalk, sipping pumpkin spice lattes, and reading! Following are a few titles that perfectly match the season – dark, heavy on the atmosphere, cozy, and a little contemplative and melancholy at times! Happy Fall & Happy Reading!

- » Not a Sound – by Heather Gudenkauf
- » Then She Was Gone – by Lisa Jewell
- » Magical Midlife Madness – by K.F. Breene
- » Daisy Darker – by Alice Feeney
- » The Night Olivia Fell – Christina McDonald

September Birthdays

9/5 Betty Applegate	9/16 Elaine Raies	9/20 Susy Sheets	9/28 Sandra Wheeler
9/10 Eloise White	9/16 Esther Downey	9/22 Katie Shirey	9/29 Rose Havens
9/12 Karen Evans	9/17 Anna Cardenas	9/25 Ruth Duellel	9/30 Jean Carlson
9/13 Lisa Carver	9/18 Arlene Richard	9/26 Gayle Hopkins	9/30 Jack Jennings
9/16 Jo Ann Hall	9/20 Barb Clayton	9/27 Marilyn Warner	

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!