

# Friend Friend

## VOLUNTEER NEWSLETTER JANUARY 2024



Eloise White – Kardia Guild  
pictured with Books Are  
Fun Vendor, Shawn Ross

### A Note from Jenny

Time and seasons have flown by so quickly and with the cold weather slowly creeping towards us, we know the mild winter we have been experiencing won't last forever, as we will soon be shoveling the beautiful, white snowflakes soon. Therefore with this in mind, please know that if the weather presents traveling problems for you, I want you to feel free to stay at home. However please be sure and contact the Volunteer Office (740-356-8234) and let us know you will not be here for your shift, as your safety is a priority and we truly do appreciate the time you do give to our patients and their families.

Also communication is most important for our service, and our newsletter gives us the opportunity to keep you informed about important information within SOMC and the Volunteer Department. In regards to the newsletter I invite you to send in your articles or topics for which you would like to see highlighted. It could be as simple as a favorite recipe, or writing in regards to a fellow volunteer who has truly inspired you. Yes, your input is important and very much appreciated!



In closing, Happy New Year wishes to you, my caring and compassionate volunteers for this 2024. May good fortune, always forever thrive, prosperity and joy, with much happiness too, packed in this special thought I send to you. You're wished the joy of the whole world today, ever ending wishes are surely sent your way each day all the year, 365 days - January to December. You're wished the best ever, but many times over, even the wishful thought, of a four leafed clover. May all your days will be bright and never go wrong, rainbow joy, New Year Magic, 365 days long!

Happy New Year!



Jenny Lavender,  
Manager Volunteer Services

### January Birthdays

1/1	Brandon Grayson	1/13	Peyton Hurn	1/17	Patsy Hall
1/3	Abraham Heimbach	1/14	Teklit Kahsu	1/18	Joyce White
1/3	Cailee Blevins	1/15	Alexis Maynard	1/20	Jo Kennedy
1/9	Hannah Thacker	1/15	Diane Applegate	1/21	Pat Spriggs
1/9	Elaine Litten	1/16	Ca'Terria Williams	1/25	Delilah Redmon
				1/31	Ellen Devins

# 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 January and February, as meetings will resume again in March 2024.

The **Pleasure Guild** will meet on January 4th at 1:00 p.m. at Giovanni's in Sciotoville, which is located at 315 Harding Avenue in Sciotoville.

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

The **Pediatric Guild** will meet on January 10th at Maestro's, which is located at 836 4th Street in Portsmouth.

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

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

## Volunteers in Action

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



Pediatric Guild –  
Christmas Luncheon



Haleigh Collier,  
Jacob Shaw, Max  
Hagans, Rudra Patel  
- Wheelersburg  
Family Health Center



Alyra Messer, Gage  
McGraw, Kylee Watson,  
Levi Lewis – Main Lobby

## Guild Fundraising

The Pleasure Guild will host their popular "Masquerade" Sale on January 30th from 10:30 a.m. – 3:00 p.m., and January 31st from 7:30 a.m. – 3:00 p.m. in the Waller/ED Corridor both days. This exciting sale offers all types of jewelry and accessories for only \$5.00 each! Scarves, bags, purses, rings, necklaces, watches, and more!

## 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!

## 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.





## 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.



## The Best Memory System

Forget the kindness that you do,  
as soon as you have done it;

Forget the praise that falls on you,  
the moment you have won it.

Forget the slander that you hear,  
before you can repeat it;

Forget each slight, each spite, each  
sneer, wherever you may meet it.

Remember every kindness done, to  
you, whate'er its measure;

Remember praise by others won,  
and pass it on with pleasure.

Remember every promise made,  
and keep it to the letter;

Remember those who lend you aid,  
and be a grateful debtor.

Remember all the happiness that  
comes your way in living;

Forget each worry and distress,  
be hopeful and forgiving.

Remember good, remember truth,  
remember heaven's above you.

And you will find through age and youth,  
true joy and hearts to love you.



## A Little Winter Humor...

When a young lady had gotten lost in her car in a snow storm she remembered what her dad had once told her. "If you ever get stuck in a snow storm, wait for a snow plow and follow it." Pretty soon a snow plow came by, and she started to follow it. She followed the plow for about forty five minutes and was confused by all of the turns it was making. Finally the driver of the plow stopped, got out, and asked her what she was doing. She explained that her dad had told her if she ever got lost in a snow storm, she should follow a plow. The driver nodded and said, "Well, I'm done with the Wal-Mart parking lot, now you can follow me on over to Target!"

## Great Truths About Life... Learned By Little Children

No matter how hard you try, you can't baptize a cat...Don't ever tell your Mom "Mom, I don't think the diet is working"...If your sister hits you don't hit her back – They always catch the second person...You can't trust dogs to watch your food... Don't sneeze when someone is cutting your hair...Never hold a Dust Buster and a cat at the same time...You can't hide a piece of broccoli in a glass of milk... Don't wear polka-dot underwear under white shorts...Puppies still have bad breath even after eating Tic Tac...and, the best place to be when you're sad is Grandpa's lap.



## 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. With winter weather currently among us we worry about our volunteers and feel better when we know they are safe.
- » Volunteers are being sought for the following departments: Gift Gallery, Human Resources, Laundry Services and Hospice. If you are interested in obtaining further information regarding the above-mentioned areas and responsibilities, please contact the Volunteer Office at 740-356-8234.
- » Volunteer Reading Challenge begins January 3 – February 29
- » Glazed Donut Day – January 12 – 9am to 11am – Volunteer Office & Gift Gallery
- » Annual Volunteer Education Booklet – mailed out February 1
- » 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)

# SOMC Development Foundation to Host 2024 Queen of Hearts Ball

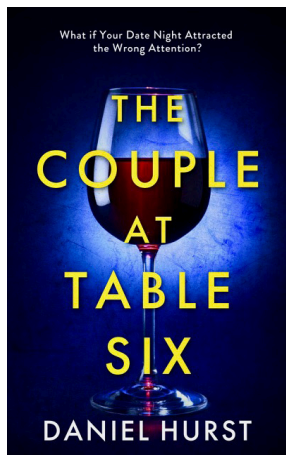
Fall down the rabbit hole and into a world of wonder at the SOMC Development Foundation's 2024 Queen of Hearts Ball on January 20. This formal gala will be held at downtown Portsmouth's recently restored, extraordinary Marting's building.

Be transported for an evening of elegance and fun with magical entertainment, a chef-prepared dinner, and special surprises.

***Don't be late for this very important date!***

All proceeds from the event will benefit the SOMC Heart and Vascular Fund.

Learn more and purchase tickets as well as sponsorships by visiting [www.somc-queenofhearts.com](http://www.somc-queenofhearts.com)



## Volunteer Book Club

The book chosen to discuss January is "The Couple at Table Six" by Daniel Hurst, and we are scheduled to discuss the title on January 20th at Hill View at 12:00 p.m. For further information or to RSVP, please contact the Volunteer Office at 740-356-8234.

## New Volunteers

Kylee Watson  
Alyra Messer  
Gage McGraw  
Levi Lewis  
Luke Lindamood  
Garrett Koverman



## 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 will be mailed to you beginning, January 3, 2024. 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!



# What's on the Menu

## Macaroni & Cheese Soup

*This soup is ready in less than 20 minutes. Cook the macaroni while making the soup base, mix together, give it a quick run in the oven, and enjoy! If desired, mix in 2 cups of cooked diced chicken or ham before baking. One of our favorites is to add crumbled Applewood Bacon on top before running it through the oven!*

### Ingredients

- » 6 tablespoons of butter
- » One-third cup flour
- » One-half teaspoon salt
- » One-half teaspoon pepper
- » 2 (14.5 oz.) cans chicken broth
- » 4 cups milk
- » 4 cups grated cheddar cheese, divided
- » 12 ounces cooked elbow macaroni
- » 1 cup seasoned bread crumbs



**Instructions:** In a 4 and one-half quart Dutch oven over medium heat, melt the butter and add the flour, salt, and pepper. Cook over low heat, stirring all the time, until the mixture is smooth and bubbly, about 2 minutes. Add the chicken stock and milk and bring to a boil, and cook for 2 minutes. Remove from the heat and add 3 cups of the cheese, stirring until the mixture is melted and smooth. Stir in the cooked macaroni. Preheat the oven to 350 degrees. Divide the soup among 8 ovenproof bowls. Top each serving with the remaining 1 cup of grated cheese and bread crumbs. Place bowls on a baking sheet and bake for 10 minutes, or until the soup is bubbly and the top is golden brown. Serve at once.



## Did You Know...

Boxed cookies weren't how the Girl Scout cookie phenomenon started. Originally, the cookie baking was an at-home activity, and the cookies were sold as a fundraiser at a classic bake sale for the first time in 1932. The response was so positive that the savvy Scouts realized they'd maximize sales if they spent more time selling than baking, and the cookies began to be produced commercially. Today, it's hard to imagine a world without boxed Girl Scout cookies!

## Sharing the Love of a Favorite Breakfast Treat!

Hey there donut enthusiasts! Are you ready for a day that will satisfy your sweet tooth and bring a glimmer to your your eye? Well, get your napkins ready because National Glazed Donut Day will take place on January 12th and Volunteer Services will make your sugary dream come true! Volunteers are invited to stop by the Volunteer Office, or the Gift Gallery between 9am – 11am to receive a FREE GLAZED DONUT to celebrate the occasion! These darlings of the breakfast pastry world have been bringing joy to people's taste buds since rumor has it...the mid-17th century! So mark your calendars and we will see you on January 12th!



# Baby, It's Cold Outside

Winter months can mean colder temperatures. Also, hazardous conditions from snow and ice can make the season especially dangerous. However, with a little preparation, you can be ready for the challenges that can often come with this time of year.



## Keep warm inside

Dress warmly, even if you are staying in the house, and make sure your heating is keeping your home warm. Set your thermostat to a least 68 to 70° F and double-check that windows and doors are closed tightly.

## Bundle up outside

If you need to venture outside, check the forecast and dress for the weather. Be sure to avoid having to spend too long in high winds or colder temperatures and keep in body heat by wearing a hat, gloves and scarf. Layering clothing is important to staying warm, while still feeling comfortable.

## Know the warning signs of hypothermia

Hypothermia is what occurs when your body temperature drops below 95°F. This is especially dangerous for older adults, who can be left vulnerable to heart attacks, kidney problems and liver damage. Common warning signs of hypothermia include:

- » Cold skin that looks pale or ashy, puffy or swollen face
- » Feelings of tiredness
- » Slurred speech
- » Confusion or weakness and slowed breathing or heart rate

For someone experiencing these symptoms, it's important to call 9-1-1 right away and then help raise their body temperature with blankets and coats and warm drinks. Do not use a heating pad or place them in a bath.

## Avoiding slipping on the ice

Winter months can often bring snow and ice, causing slick roads and sidewalks. More than 95% of hip fractures are caused by falling, and a bad slip could also lead to head trauma or other broken bones or injuries. You will also want to avoid bringing the winter conditions into your home, where snow melt could lead to slippery floors. Make a point to leave your shoes outside the door or have a designated mat where wet boots and gear can dry.

## Be prepared for power outages

The worst winter storms can lead to a temporary loss of power. To help prepare for this:

- » Make sure your cell phone is fully charged
- » Keep a stockpile of blankets and warm clothing
- » Have flashlights and a battery-powered radio on hand
- » Stock up on non-perishable food items, like granola bars, crackers, water, powdered or shelf-stable milk, and cereal in case the outage lasts long enough to spoil the food in the refrigerator
- » If you have a wood burning fireplace, have your firewood stocked and matches on hand

**Make sure you have enough of your medications to last several days if road travel is not permissible.**

## Winterize your vehicle

If you or your loved one drives a vehicle, you'll want to make sure that it is serviced before winter arrives. This includes checking the tires, brakes, battery, oil and antifreeze levels and ensuring the heater and defroster are working properly. Keeping your gas tank at least half full during the winter months can also prevent a frozen fuel line. Plan accordingly for inclement weather and pack your vehicle with:

- » Blankets
- » Extra clothing
- » Shovel
- » Ice scraper
- » Flashlight (Don't forget fresh batteries)
- » First aid kit
- » Jumper cables

Let the car run for several minutes before driving to allow the defrosters to thaw the windows. Remove any snow from the top of the vehicle to prevent it from falling and obstructing your view as you get moving down the road.

## Check your carbon monoxide detector

In the winter, you are more likely to use a fireplace and gas heater, which places you at greater risk of carbon monoxide poisoning. Be sure to check the batteries in your carbon monoxide detector or purchase a new one to ensure you or your loved one is safe. Keep these tips handy as a reminder before each winter season starts, so you can be better prepared before the snowflakes fly. Then get cozy with a good book, a warm beverage and enjoy the winter views.



## 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.

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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)

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