SOMC Poker Walk is Coming Up!

T-shirt Sale set for next week! Look inside the issue for more details.
All Weekly Beat items must be submitted electronically to DuduitKL@somc.org. All items for that week’s edition of the Weekly Beat must be received by 3 p.m. Wednesday. Any items submitted after 3 p.m. Wednesday will be held for the following Friday edition.

All items submitted for the Weekly Beat will undergo review by the Weekly Beat editorial board, which consists of members of the SOMC Community Relations Department. The board will meet weekly to discuss submitted items. All items published in the Weekly Beat must have a direct link to Southern Ohio Medical Center. Items that do not occur at SOMC, or are not sponsored by SOMC, will not be featured in the Weekly Beat.

For more Submission Guidelines, please review the SOMC Internal Communications Policy on the SOMC Intranet.
April/May Event Calendar

April 15-17
Poker Walk T-shirt Sale
Main Campus Lobby
6 a.m. - 3 p.m.

April 23
Scrub Sale (Kardia Guild)
ED/Waller Corridor
6:30 a.m. - 5:30 p.m.

April 24
Scrub Sale (Kardia Guild)
ED/Waller Corridor
6:30 a.m. - 4:30 p.m.

May 5
Flower Sale (Scioto Guild)
Friends Center
10:30 a.m. - 6 p.m.

May 6
Flower Sale (Scioto Guild)
Friends Center
8 a.m. - 6 p.m.

Employee Birthdays

April 12
Annette Buckler
Tiffany LaCoste
Janessa Mann
Dallas Miller
Andrea Nigh
Paul Rase
Nathan Stevens
Billie Stewart

April 13
Nathan Fairchild
Robin Frantz
Cynthia Hurley
Meagan Lang
Mary Patrick
Teresa Pistole
Megan Rayburn
Drew Robbins
Katrina Thayer

April 14
Lourdes Hall
Sheila Hammond
Patricia Kiser
Mary Litchfield
Sara Rochester
Tabitha Thomas
Sarah Whisman
Kristin Young

April 15
Tiffany Butts
Megan Flannery
Zachary Harr
Bethanie Lundy
Maryann Mathews
Deborah McClellan
Emmalee McGraw
Annie Riddlebarger
Katie Robinson
Andrew Sowkulech
Christy Spears

April 16
Mary Halter
Connie Kirkendall
Ashley Parson

April 17
Susan Arnett
Lori Cooper
Cynthia Crumm
Beverly Ferguson
Sheila Gray
Kimberly Jameson
Matthew Penix
Timothy Poole
Brittney Tatman
Kathryn Whitcomb

April 18
Hope Arthur
Melissa Burchett
Stacey Davis
Reva Greene
Brian Matthews
Charles Meadows
Kassidy Parr
Stacey Riffitt
Danyail Vest
April At a Glance

Month-Long Observances
Occupational Therapy Month

Week-Long Observances
Patient Access Week (March 31- April 6) | Volunteer Week (7th-13th) | Neurodiagnostic Week (14th-20th) | Medical Lab Professionals Week (21st-27th)

Day-Long Observances
Administrative Professionals Day (24th)

A Team Member

Honor A Team Member located under “Hot Links” on the Intranet

We invite you to pass along a note to a team member at Southern Ohio Medical Center with whom you shared a positive experience. Your story will be shared with the department and team member so that they know how much you appreciate them.

Help us celebrate the culture that you can’t find everywhere and why this is such a great place to work!
Community Enjoys First Air It Up Event

On April 6, SOMC and the community enjoyed the first Air It Up event! It was a great day filled with fun, entertainment, food and education! We appreciate each and every person who made the event possible, and thank you to all who attended!

A special thank you to the event sponsors, the SOMC Community Health and Wellness Fund and Dr. Jeremiah Martin, a thoracic surgeon of SOMC Heart and Vascular Associates.
Spring Renovation Set for Portsmouth SOMC LIFE Center

The Portsmouth SOMC LIFE Center will be closed April 28 through May 1 for renovations to the track and fitness area.

The Crossfit gym will continue normal operating hours through the renovations. Cardiac Rehab will resume their normal hours on May 1.

Please see the following schedule for class changes:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 29</td>
<td>May 1</td>
</tr>
</tbody>
</table>

Classes moved to Wheelersburg LIFE Center
- 4pm Functional Fusion
- 5:15pm Hip Hop Heat

<table>
<thead>
<tr>
<th>Tuesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 30</td>
</tr>
</tbody>
</table>

- 9:30am Kettlebell moving to CrossFit gym (No evening kettlebell)
- 1pm Zumba Gold moving to Lucasville LIFE Center
- 5:15pm Power Step moving to Lucasville LIFE Center

<table>
<thead>
<tr>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 1</td>
</tr>
</tbody>
</table>

- 6:30pm Buti Yoga moving to Lucasville LIFE Center

<table>
<thead>
<tr>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 2</td>
</tr>
</tbody>
</table>

LIFE Center reopens with limited access. The fitness area will be closed for track and flooring renovation. Non-powered cardio equipment will be located on the gym floor for use.

<table>
<thead>
<tr>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 2</td>
</tr>
</tbody>
</table>

The Group Fitness Studio will be accessible through the gym.

Buti Glow Yoga Coming to the Portsmouth LIFE Center April 14

On Sunday, April 14, Brandi Calway will host Buti Glow Yoga from 5pm-6pm at the Portsmouth SOMC LIFE Center in Studio A. It is requested all participants arrive between 4 - 4:30pm to have time to put on the body paint. The class is $10 general admission.

Buti yoga is a unique practice, known for its cardio-intensive bursts of tribal dance, primal movement and conditioning. Created by celebrity trainer, Bizzie Gold, it’s designed to offer a calorie-scorching, body-sculpting and dynamic yoga practice.

Poker Walk T-shirt Sale

T-shirts for the 2019 Poker Walk will be available for purchase from 6am to 3pm April 15-17 in the main campus lobby.

Cost is $10 (S, M, L and XL) and $12 (2XL,3XL and 4XL). Prior Poker Walk T-shirts will also be available for purchase for $5. Payroll deduction is available.

The Poker Walk is set for May 15 from 10am to 2pm to celebrate National Employee Health and Wellness Day. Stay tuned for more details!
April is known as National Organ Donor Awareness Month.

SOMC works with Lifeline of Ohio to help give those in need the “gift of life” through organ donations.

Malissa Warrick, SOMC Nurse Manager of the Orthopedic Care Unit, serves as the liaison between SOMC and Lifeline of Ohio. Recently, she earned the honor of being named Liaison of the Year from Lifeline of Ohio Organ Procurement (LOOP).

“This is a great honor,” Valerie Decamp, SOMC Director of Nursing Inpatient Services said. “She has been doing this for SOMC for 19 years and has been a silent hero.”

As the liaison, Malissa reviews records on a monthly basis to ensure SOMC is following the guidelines of reporting every patient death to Lifeline of Ohio. She also follows up with them whenever necessary.

Valerie Decamp said Malissa takes calls day and night concerning organ donations. Malissa also serves as the contact in the case where there is a patient in critical condition who is a registered organ donor. In these situations, Lifeline of Ohio makes a campus site visit and Malissa assists their team.

In the past six months at SOMC, four registered organ donors gave the gift of life to numerous patients in need. “It is rewarding to know that our organization can be involved in helping someone who may be in their final hours of life,” she said.

According to Lifeline of Ohio:

» The national waiting list for organ transplants is rising at an alarming rate, with nearly 115,000 individuals currently on the list.

» Approximately 20 times each day a man, woman or child dies for lack of an available organ. Once every 48 hours, an Ohioan dies waiting.

» In Ohio in 2017, 412 Ohioans shared the Gift of Life through organ donation at the time of their death. Through their unselfish generosity, 1,274 organs were transplanted.

[Registering to be an organ donor] is an amazing thing to do. There are many people dying each day that are waiting on an organ or tissues transplant,” Malissa said. “I feel like the last thing we could do would be to give the gift of life.”

According to Lifeline of Ohio statistics, “A single donor can potentially save the lives of eight people and heal more than 50 by donating vital organs (heart, two lungs, two kidneys, liver, pancreas and small bowel) and tissue (corneas, bone, fascia, skin, veins and heart valves).”

On April 17, Lifeline of Ohio will be honoring those gracious donors and their families by displaying a donor quilt in SOMC’s ED/Waller Corridor. These blocks were made by the donor families in memory of their loved ones. The beautiful memory quilt can be observed in the corridor through April 23.

We honor the lives of those who have passed and kindly given the gift of life to those in need. We celebrate those who are thriving today from this gift. A special congratulations to Malissa on her well-deserved award! Thank you for your dedication towards this worthwhile project.
Students Gain Hands-On Experience at SOMC Nursing Camp

Many local high school students recently attended SOMC’s 2019 Nursing Camp program, which took place April 4 at the Friends Community Center. Through discussions and hands-on activities, students were given an in-depth look into the nursing profession, learning about the ins-and-outs of nursing school as well as many nursing specialty areas. Shown are pictures from the day’s activities.

Don’t Miss the Next Nursing Research Lunch and Learn

The next Nursing Research Lunch and Learn will take place from 11:30 a.m. to 12:30 p.m. on Tuesday, April 16 in Education Building Room 3.

Malissa Warrick, nurse manager of the Orthopedic Care Unit, will present on “Facilitate the Gift of Life: The Role of the Lifeline Ohio Liaison.”

All nursing staff members are invited to attend. Lunch and drinks will be provided. One contact hour will be awarded.

Pre-registration through NetLearning is required before 8am on Monday, April 15. For more information, please contact Kim Lawless at ext. 8310.

Upcoming Classes for Employees

Workforce Development will offer the following classes for employees in April:

<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Microsoft Word</td>
<td>April 17</td>
<td>9am</td>
</tr>
<tr>
<td>Basic Microsoft Excel</td>
<td>April 17</td>
<td>10am</td>
</tr>
<tr>
<td>Basic Microsoft PowerPoint</td>
<td>April 17</td>
<td>11am</td>
</tr>
<tr>
<td>Basic Computer Functions/Typing Class</td>
<td>April 17</td>
<td>1pm</td>
</tr>
<tr>
<td>Basic Microsoft Outlook</td>
<td>April 17</td>
<td>2pm</td>
</tr>
</tbody>
</table>

Each class will be taught in the Gibson Building Computer Lab and will last for approximately 45 minutes. Each class is limited to eight people. All who are interested must be registered in NetLearning. Please contact Bethany Wilson at wilsonb@somc.org or ext. 2712 if you have any questions.
Linda Donaldson and her brother, Chuck Donaldson, have been contributors of the SOMC Development Foundation for many years.

Their family has a long relationship with the hospital in multiple ways. Linda said their father, Jim Donaldson, was an architect who helped design many of the SOMC buildings.

Their mother, Clara Donaldson, was a candy striper volunteer at the hospital. Clara also brought them along to many of her hospital visits, so Linda said they were very familiar and involved with SOMC at a young age.

Their connection to the hospital and Linda’s personal experiences led them to the idea of using their parents’ legacy in a way that will benefit the employees of the hospital.

Linda was once a patient of the hospital and overheard employees saying they wanted to further their education, but didn’t have the funds to do so. After a conversation with Major Gift and Planned Giving Officer Mary Arnzen, she knew she wanted to specifically set up a scholarship fund to help SOMC employees.

The Jim and Clara Donaldson Family Scholarship Fund was created to memorialize their parents through giving back to the hospital.

A scholarship of $1,000 is now available for employees to apply through an online application if they want to further their education in the medical field outside of nursing, since SOMC already has a scholarship in place for the nursing field. To apply, an employee should visit sciotofoundation.org. The application deadline is May 31. If you have additional questions regarding the application process, please contact Toni Dengel of the Scioto Foundation at 740-354-4612 or toni@thesciotofoundation.org.

If you do not plan on furthering your education, but want to help others do so, you can contribute by giving through the SOMC Development Foundation to the Jim and Clara Donaldson Family Scholarship Fund. For more details on donating, please contact Mary Arnzen at ext. 2504 or arnzenm@somc.org.

Congratulations to our Employees!

We love to recognize our employees and their accomplishments. We hope you will share with us whenever you, or another SOMC employee, completes an educational goal. We would like to share and celebrate your achievement!

Amber Waddell

Amber is currently a registered nurse on SVCU. She recently passed her Medical Surgical Certification Exam. Congratulations on your achievement, Amber!

Lyndsey Keeton

Lyndsey also works on SVCU. She recently completed her LPN. Congratulations on your accomplishment, Lyndsey!
SOMC wants to thank the hardworking volunteers who generously donate so much time and assistance to the organization. SOMC Volunteer Services is honoring these amazing volunteers during their entire special week. They will also thank them for their service at the annual Volunteer Award and Recognition Luncheon on Thursday, April 18.

“There is no greater way to give back to your community than to volunteer your time,” said Jenny Lavender, SOMC Manager of Volunteer Services. “Our volunteers are truly an exemplary group of people who we look forward to honoring during this exciting week.” Thank you to the dedicated volunteers of SOMC and the hardworking team of SOMC’s Volunteer Services! We appreciate you!

Kirk Celebrates One-Year Anniversary

Amber Kirk, CNP, recently celebrated her one-year anniversary of working at SOMC. Congratulations on achieving this milestone, and thanks for providing such wonderful care to the patients of Southern Ohio Medical Center!
**NEW PROCESS! Check out SOMC’s Online Store of Surplus Equipment**

Our online auction process has been overhauled and improved with our new SOMC uBuy application. Users can log-in to the system to view items, see the minimum price and highest bid on each available item and place bids all in the same place. The principle is the same, but users can stay better informed by seeing the dollar amount of the current high bid on an item (only the amount shows and not the name of the bidder).

We will still post new items on Fridays. Items will go up at 10am on Friday and will be removed at 9:59am the following Friday. All other processes will remain the same.

**Check out the online store by visiting the following link:**

---

**Classified Guidelines**

Classified ad submissions must be sent via an SOMC e-mail account to duduitkl@somc.org. Items submitted through any other e-mail server will not be accepted.

Ads must be submitted by 3 p.m. Wednesday and will be listed for three weeks beginning each Friday morning.

No more than five items may be listed at a time and work extensions may not be listed as a telephone contact.

Ads that are considered solicitation, or the selling or offering of goods or services not pertaining to or sponsored by SOMC, may not be listed.