

VSP Newsletter February 2018



VSP Board

Chair, Ron Stuedemann

763-755-6548

ron.stuedemann@comcast.net

Secretary and Membership,

Carol Baumgartner

651-464-6049

carol.baumgartner01@gmail.com

Social Events, Jan Miskowic

763-425-0508

miskojan@hotmail.com

Marketing, Jan Prazak

763-544-9612

prazakjan@aol.com

Volunteer Events,

Judy Bergman

651-295-4507

bergmanj3@comcast.net

Newsletter,

Dianne Ohlenkamp,

763-786-8379

dianneohlenkamp@gmail.com

Lunch & Learn Events and

Webmaster, Jerry Hartlaub

651-633-0281

pj65@comcast.net

Treasurer,

Denise Corbett

763-502-1018

ddmc55@comcast.net

Board Member,

Karen Kutzner

kutznk@msn.com

Website: <http://mdt retirees.org/>

Learning – Connecting - Serving

Late Winter/Early Spring Outing – Sunday, March 11 (Day Light Savings begins) – PRICE REDUCED! Was \$56, now \$51

Fantastic seats are still available! Join your fellow retirees on Sunday, March 11, at the Season's Dinner Theatre at Majestic Oaks for dinner and show "Over the River and Through the Woods." It is a hilarious family comedy loaded with laughs for everyone. If you have previously registered and paid \$56 you will be refunded \$5 the evening of the performance. Register today, as seating is limited. Additional information and registration at the end of newsletter.

Annual Meeting and Spring Luncheon – SAVE THE DATE

Plans are under way for the VSP Annual Meeting and Spring Luncheon to be held on Wednesday, May 16, at Edinburgh USA. Watch for additional information and registration in the March newsletter. Mark your calendar and save the date!

Habitat for Humanity – Minneapolis, Wed., March 21

Registration is open! The new home we will be working on is located at 2542 12th Ave South, Minneapolis, 8:30 am – 4:00 pm. Please arrive by 8:20; bring your snacks/beverages and lunch. Bring work gloves if you'd like. We worked on this site in January and the Site Supervisor is outstanding. To register, please use the following link. Click on "Sign Up".

<http://medtronicregulars.tchabitat.volunteerhub.com/> First-time volunteers for Habitat for Humanity, be sure to accept their online waiver. Any questions, please contact: April Emerson – april.d.emerson@gmail.com Mobile: 612-735-1716; Ann Cafferty – acafferty@msn.com Mobile 612-747-4160

Habitat for Humanity – ReStore, New Brighton, Wed., Feb. 14

Registration is open! For our February volunteer opportunity, we will be at the ReStore center located at 510 County Road D West, New Brighton, 10:00 am – 2:00 pm. Bring your lunch/snacks/beverages. To register, please use the following link. Click on "Sign Up".

<http://medtronicregulars.tchabitat.volunteerhub.com/> First-time volunteers for Habitat for Humanity, be sure to accept their online waiver. Any questions re: the opportunity, please contact: April Emerson – april.d.emerson@gmail.com Mobile: 612-735-1716; Ann Cafferty – acafferty@msn.com Mobile 612-747-4160

Alexandra House Thanks the Medtronic Holiday Donors and Project Warm Heart Contributors

See letter at the end of this newsletter.

Join the Medtronic Foundation for the Launch of *Retirees for the Sustainable Development Goals* on March 22

The Medtronic Foundation has launched Retirees for the Sustainable Development Goals (SDGs) - a toolkit to activate engagement and encourage collaboration to advance the Global Goals.

Retirees for the SDGs will help you understand more about the 17 United Nations Sustainable Development Goals, or Global Goals, and how you can help achieve them through your individual and collective volunteer efforts. In 2015, world leaders representing 197 United Nations member states voted unanimously on these goals as the 17 biggest challenges facing humanity that must be solved by 2030. These include ending poverty and hunger, ensuring good health, and fighting climate change.

The aim of this initiative is not only to educate retirees about the Global Goals movement, but also to inspire you into action for a healthier, better world through your volunteer efforts. The Retirees for the SDGs toolkit consists of two parts. The first is a retiree-led workshop called “Introducing the Global Goals” and the second is an opportunity to take action in your community by volunteering to teach the Global Goals to young people or other community members where you live.

Please join us for “Introducing the Global Goals” at Medtronic Operational Headquarters or by live webinar at 11:00am CT on Thursday, March 22. Lunch will be served to in-person attendees.

Please RSVP with Katie Troyer at katie.troyer@medtronic.com by Friday, March 9.

2017 Medtronic Foundation Retiree Survey Holiday Experience Winner



The Medtronic Foundation is excited to announce the winner of the Medtronic Employee Program Giveaway, Rita Torborg. This experience included VIP seating at the 2017 Medtronic Employee Holiday Program, a one-night hotel stay in Minneapolis and dinner and breakfast at local restaurants. Rita was entered into the giveaway last fall for signing up to volunteer through the United Nations Volunteers (UNV) online volunteer program.

Through UNV, retirees can search for online projects that fit their skills and schedule while helping to build the capacity of a nonprofit. The program was started to contribute to peace and development through volunteerism worldwide. Online volunteering allows organizations and volunteers to team up to address sustainable development challenges—anywhere in the world, from any device.

Photo (Left to right): Rita and Daniel Torborg

In Remembrance - Dorothy Foss

<http://www.legacy.com/obituaries/twincities/obituary.aspx?n=dorothy-m-foss&pid=187685777&fhid=4508>

Apply by March 1: University of Minnesota Advanced Careers Initiative

University of Minnesota Advanced Careers initiative is seeking individuals who are retired or who are entering retirement who are seeking a pathway to the next stage of life – encore adulthood – a time of continued engagement and contribution that includes meaningful work.

Through the two-semester program, you will take time for personal renewal, explore interests, and experiment with ways to apply your skills and talents in new ways. As a UMAC fellow, you will sit in on classes, engage in multigenerational learning, build a new network of connections, and contribute your talents in a career –building, applied learning volunteerism experience. Taken together, UMAC helps you explore options for paid or unpaid work in this next stage.

The University of Minnesota is joining an elite group of leading edge higher education institutions launching academic programs to engage encore adults. This University is on the leading edge of an expanding landscape of higher education institutions exploring ways to bring Boomers back to campuses to consider what is next.

UMAC is accepting applications through March 1, 2018. UMAC seeks fellows who:

- Love learning and intellectual growth
- Envision an active, engaged post-career life that includes meaningful work
- Embrace mentoring and multigenerational learning opportunities
- Have an interest in being a change agent for society
- Are ready to dive in and fully participate in experiential learning
- Connect with a community of learners as they launch the next stage of their lives

For more information, visit the UMAC website: <https://cla.umn.edu/umac>

2018 American Cancer Society Daffodil Days

The Medtronic FOCUS group and the VSP Retiree group are partnering with the American Cancer Society Daffodil Days campaign. Please help us be successful in this campaign by either purchasing daffodils (see attached flyer) or by volunteering to hand out the preordered daffodils (see below). Deadline for preorders is March 12th. Pick up will be March 20th. If you have questions on either event, please contact Judy Bergman at (651) 295-4507 or bergmanj3@comcast.net.

Bridging - Furnish a Home with Hope This Winter

Once holiday celebrations are over, and families go back to their daily routines, it is easy to forget that the winter months are still a struggle for many families in the Twin Cities. But Bridging needs donations to fill the shelves year-round, especially in winter, when individual donations drop significantly.

Bridging, a local non-profit that provides quality household goods to those transitioning out of poverty and homelessness, serves over 85 families every week. This means they need inventory for 300 people each week; including dressers, sofas, dishes, cookware, lamps and beds/linens so they have the basic home essentials for a fresh start in life. Your donation goes directly to the warehouse shelves to receive a "second life" for a family in need. Get involved today – donate your stuff, time, or dollars to help a local family in need! Learn more and get started by visiting www.bridging.org or calling 952.888.1105.

FREE SAFETY CHECK FOR SENIORS

No-cost Home Safety Check for Seniors is offered by the Household & Outside Maintenance for Elderly (HOME) Program of Senior Community Services. We will check your need for handrails, grab-bars, smoke detectors, lighting, and other home safety components. Older adults aged 60+ residing in suburban Hennepin County and Minneapolis are eligible for this limited time offer. No sales. For more information contact 952-746-4046 or email home@seniorcommunity.org for more details.

Senior Community Services is a nonprofit organization with four programs serving older adults/perennials and caregivers statewide. For more information please visit www.seniorcommunity.org or call 952-541-1019. Elders outside of Hennepin County should contact the Senior Linkage Line at 1-800-333-2433 for information about services in their area. Thank you!

VSP VOLUNTEER REPORT

Thank you to the following individuals for volunteering at Habitat for Humanity on January 10th: Ann Cafferty, Bill Cafferty, Ruel Carpenter, April Emerson, and Richard Hay. Our work that day was to paint interior doors, frame doorways, and put up additional sheet rock in the garage. The house was located in Minneapolis, has five bedrooms and will be home to a family of ten!

Thank you to the following individuals for volunteering at Second Harvest Heartland on January 11th: Judy Bergman, Ann Cafferty, Bill Cafferty, Ruel Carpenter, Andrea DuCharme, Rick Haws, Karen Kutzner, Kurt Kutzner, Lois Markie, George Murakami, Judy Murakami, and Gail Sidor. The group braved a snow

storm to pack 550 boxes of food which equal 13,154 meals. These meals will be delivered to local seniors.

Thank you to the following individuals for volunteering at The American Cancer Society's Hope Lodge on January 23rd: Judy Bergman, Anne Coldwell, Andrea DuCharme, and Mary Hanson. In honor of National Pie day, pie was served to 34 guests and/or caregivers of Hope Lodge.

FUTURE VSP TEAM VOLUNTEER EVENTS:

- **Bundles of Love – February 22**
- **The Food Group – March 14**
- **American Cancer Society Daffodil Days Pick-up – March 20**
- **Bridging – April 26**

Bundles of Love, Thursday, February 22

Registration is open!* Bundles of Love Charity is a volunteer driven nonprofit organization that partners with community service agencies to assist Minnesota families in need by providing handmade baby clothing, bedding and basic care items for their newborns. Their vision is to gather communities to support a parent and newborn. They offer peace of mind for families and provide important, essential and practical supplies to show that someone cares. Volunteers will be doing both sewing and non-sewing activities (i.e. cut, sort, match, and package things). We will be volunteering at their New Brighton location, 445 Old Highway 8, New Brighton from 10:00 a.m. – 1:00 p.m. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – Bundles of Love.

<https://medtronic.yourcause.com/basic> If you do not have computer access, please call Judy Bergman at 651-295-4507 to register. If you need help with the website, please contact the YourCause Customer Advocacy Team at medtronic-support@yourcause.com.

The Food Group, Wednesday, March 14

Registration is open!* We will be volunteering at their New Hope location, 8501 54th Avenue North, New Hope from 1:00 p.m. – 3:00 p.m. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – The Food Group.

<https://medtronic.yourcause.com/basic>

If you do not have computer access, please call Judy Bergman at 651-295-4507 to register.

If you need help with the website, please contact the YourCause Customer Advocacy Team at medtronic-support@yourcause.com.

Medtronic/American Cancer Society Daffodil Days – Tuesday, March 20

Registration is open!* One of the first flowers of spring, the daffodil is a symbol of hope. To the American Cancer Society, this flower represents the hope we all share for a future where cancer is no longer a life-threatening disease. Two volunteers are needed at each location to hand out preordered Daffodils. Shifts are 11:00 a.m. to 2:00 p.m.

Atria Office/Medtronic (legacy Covidien) – 3033 Campus Drive, 5th floor, Plymouth

Berkshire Office/Medtronic (legacy Covidien) – 2300 Berkshire Lane North, Suite #5, Plymouth

Medtronic Operational Headquarters – 710 Medtronic Parkway, Fridley

Medtronic Mounds View – 8200 Coral Sea Street NE, Mounds View

Medtronic Rice Creek – 7000 Central Avenue NE, Fridley

To register, please log into the Mission in Motion website using the below link and search for the event Retiree - American Cancer Society Daffodil Days Pick-up

<https://medtronic.yourcause.com/basic>

If you do not have computer access, please call Judy Bergman at 651-295-4507 to register. If you need help with the website, please contact the YourCause Customer Advocacy Team at

medtronic-support@yourcause.com.

Bridging, Thursday, April 26

*Registration is open**! We will be volunteering at their Roseville location, 1730 Terrace Drive from 1:00 p.m. – 3:30 p.m. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – Bridging. <https://medtronic.yourcause.com/basic>
If you do not have computer access, please call Judy Bergman at 651-295-4507 to register. If you need help with the website, please contact the YourCause Customer Advocacy Team at medtronic-support@yourcause.com.

OTHER COMMUNITY OPPORTUNITIES FOR VOLUNTEERS:

Volunteering with RSVP means Personalized Assistance, Choices & Flexibility

Let RSVP staff work with you to find volunteer opportunities that match your interests, skills and talents. With choices and flexibility, it's almost like customizing your volunteer experience.

For more information about volunteering with RSVP (or to list your volunteer needs), call Corie at 612-704-6114 or email cori.custer@voamn.org.

Habitat for Humanity - ReStore

Volunteers needed to help run ReStore, the Habitat building supply consignment shop. Building supplies are donated to Habitat by local construction companies. There are two locations – New Brighton and South Minneapolis. Hours of work are flexible to the volunteer's schedule. For more information or to volunteer go to the following website: <http://www.habitat.org/restores>

American Cancer Society – Road to Recovery

Donate your passenger seat to help save lives. Volunteer to drive cancer patients to treatment. One of the biggest roadblocks to cancer care is transportation. That's why the American Cancer Society Road to Recovery program helps provide patients with free rides to treatment. For more information or to register go to <http://www.cancer.org> or call 1-800-227-2345.

OTHER COMMUNITY OPPORTUNITIES: Please check the following websites for other individual and small group volunteer opportunities:

<http://www.volunteermatch.org/search/index.jsp?r=20.0&aff=&l=Minneapolis%2C+MN%2C+USA&o=recency&s=11>

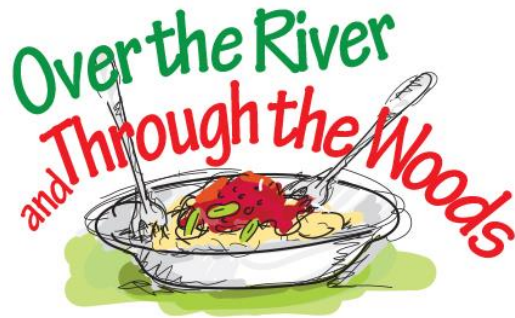


MEDTRONIC FOUNDATION GRANTS
(VOLUNTEER AND MATCHING DONATIONS)

To log your hours for the 25-hour annual Volunteer Grants *and* to match your monetary donations to qualifying charitable organizations dollar for dollar through Medtronic Foundation's Matching Grants program, go to the Mission in Motion website at <https://medtronic.yourcause.com/basic>

If you have never used the site before, fill out the Retiree Registration form here: <https://medtronicfoundation.wufoo.com/forms/medtronic-retiree-registration/>. Submit your e-mail address. Within 48 hours, you will receive login credentials for the Mission in Motion community accessed above through Google, Chrome, Firefox, Safari, or Internet Explorer. For questions about this process or website, contact Noi Keothammakhoun at noi.keothammakhoun@medtronic.com or the YourCause Customer Advocacy Team at medtronic-support@yourcause.com.

The Season's Dinner Theatre at Majestic Oaks presents



Sunday, March 11, 2018

Dinner Seating 4:30 pm – Show 6:30 pm

Tickets - ~~\$56.00~~ – PRICE REDUCED TO \$51.00!!!!

Nick is a single, Italian-American, up and coming young man living in New Jersey, whose parents have retired and moved to Florida. His grandparents (Frank and Aida; Nunzio and Emma), however, still live close by and dote on their only grandson, looking forward to Sunday family dinners each week to connect with and helpfully guide Nick's life. However, when Nick's 'dream job' in Seattle threatens to steal their grandson away, they scheme (in the most loving way possible, of course) to keep him in New Jersey, not the least of which is introducing him to the beautiful and single Caitlin O'Hare. This is hilarious, family comedy, loaded with laughs for everyone!

The theatre is located at Majestic Oaks Golf Club, 701 Bunker Lake Blvd. NE, Ham Lake, MN



Tables C-2 – C-6 and D-1 – D5 have been reserved for our group.

Ticket price includes your choice of one of the following entrées (selected at the theater):

- **Pork Loin with Cherry Port Wine Sauce**
- **Slow Roasted Prime Rib**
- **Baked Tilapia**
- **Cranberry Orange Chicken**
- **Florentine Ravioli**

All entrées served with fresh garden salad, dinner roll, Yukon gold roasted potatoes, and fresh vegetable du jour.

Deadline to Register – Friday, February 23, 2018

Questions – Call Jan Miskowic (612) 801-5649

Name(s) _____

_____ tickets @ \$51.00 each (includes dinner, show and tax) Gratuity for the meal is not included in this price.

Total enclosed _____ Make checks payable to: Medtronic VSP

Mail to Denise Corbett, 1601 Rice Creek Road, Fridley, MN 55432



Phone: 763-780-2542
24-Hour Crisis Line/TTY: 763-780-2540
Fax: 763-780-9676
www.AlexandraHouse.org

P.O. Box 490039
Blaine, MN 55449-0039

December 18, 2017

Ms. Carol Baumgartner
Medtronic, Project Warm Hearts
1900 Rush Lake Trl Apt 422
New Brighton, MN 55112-1565

Dear Carol,

On behalf of Alexandra House, I would like to extend my warmest thanks for your material contribution this holiday season.

Many of the individuals served through Alexandra House services are transitioning into a new, safer life. While greatly needed, this change can often lead to great financial hardship and many find themselves with scarcely any resources at their disposal. The holiday season is particularly difficult for these families and buying gifts is a luxury that often takes a back seat for these families. We work tirelessly to help provide these families with a sense of comfort and joy during a particularly difficult time. While we provide a warm, safe, and welcoming environment year round for residents of our emergency shelter, the holidays require an extra special touch. **Your generosity makes the season brighter for so many.**

The loyalty of supporters like you is truly a gift to the staff, volunteers, and, above all, clients at Alexandra House. Without your support, we would not be able to provide the life-saving services our clients so desperately need. Your support takes us one step closer to a future free from violence. **Thank you for your compassion.**

Wishing you a warm and safe holiday season!

Connie Moore
Connie Moore
Executive Director

*Carol -
Thank you for facilitating
this drive to support
Alexandra House!*

Alexandra House is a 501(c)3 nonprofit organization (41-1005977). No goods or services were provided by Alexandra House in return for this contribution.



AMERICAN CANCER SOCIETY

Daffodil Days[®]

Hope By The Bunch[®]

2018 American Cancer Society Daffodil Days

Why daffodils?

One of the first flowers of spring, the daffodil is a symbol of hope. To the American Cancer Society, this flower represents the hope we all share for a future where cancer is no longer a life-threatening disease. Daffodil will be distributed at Medtronic on Tuesday, March 20th, 2018 from 11am – 2pm.

How do daffodils support the fight against cancer?

Dollars raised through Daffodil Days campaigns help the American Cancer Society fund groundbreaking cancer research, provide up-to-date cancer information and education, advocate for public policies that benefit the community, and provide services to improve the quality of life for patients and their families.

What do I have to do to participate?

It's easy! Just follow these three steps:

Step 1: Go to <https://www.crowdrise.com/o/en/campaign/medtronic3> and click on "Order Daffodils"

Step 2: Fill in the required fields, including pick up location and click "Donate". Order deadline is March 12th !

Step 3: Pick up your flowers on Tuesday, March 20th, 2018 between 11am – 2pm at selected location.
**Pre-sales only, no onsite sales.*

Pick Up Locations include:

- Atria Office/Medtronic - 3033 Campus Drive, 5th Floor, Plymouth, MN 55441
- Berkshire Office/Medtronic - 2300 Berkshire Lane North, Suite #5, Plymouth, MN 55441
- Operational Headquarters (OHQ) - 710 Medtronic Parkway, Fridley, MN 55432
- Mounds View/Medtronic - 8200 Coral Sea Street N.E., Mounds View, MN 55112
- Rice Creek Facility/Medtronic - 7000 Central Avenue NE, Fridley, MN 55432

Your American Cancer Society Daffodil Days contacts:
Jessica Hoffman | 305.345.7250 | jessica.hoffman@cancer.org



1.800.227.2345 | cancer.org

©2018 American Cancer Society, Inc. All rights reserved.