

# VSP Newsletter October 2013



## Learning – Connecting – Serving

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### **Fall Outing**

Even though the weather was damp, dreary and a crisp fall day, 47 people enjoyed the Great River Road Wine Trail Tour on Saturday, October 5<sup>th</sup>. It was a full day of wine tasting, eating, shopping and chatting with old and new friends.

### **PLAN TO ATTEND the Next LUNCH & LEARN Presentation**

At the **Tuesday, October 29, 2013 Lunch & Learn event**, you'll learn about some amazing medical device technology, enjoy time with other Medtronic retirees, and it's a mid-day free activity. Plan to attend. Read on!

Speakers: **Chris Plott**, Program Manager, Medtronic Surgical Based Therapies, Structural Heart, Medtronic Topic: Cardiopulmonary Bypass Systems for Open Heart Surgery (see Topic Overview below)

Date: **Tuesday, October 29, 2013**

Time: noon - 1:45 pm

Place: **World Headquarters Campus**, Education Wing, **Room LE-2B**

Invitees: All Medtronic VSP Retiree Group members and their significant others

Cost: free

**Please RSVP:** If you expect to attend, please email Jerry at [pj65@comcast.net](mailto:pj65@comcast.net) or call 651.633.0281

### **Meeting Logistics:**

11:45 am - Arrive at the Visitor Entrance (via employee parking ramp) and sign-in. If brown-bagging, you'll be directed to the meeting room. If buying lunch, proceed to the cafeteria and then to the meeting room (available at noon).

noon - Lunch (brown bag or attendees buy their lunch at the cafeteria)

11:25 am - Introductions and planning

12:30 pm - Speaker (about 75 minutes presentation with Q&A)

1:45 pm - Program complete - private questions, evaluation, social time

2:00 pm - Conference Room reservation ends

## **Topic Overview:**

A high level overview of cardiopulmonary bypass systems, devices and procedures used during open heart surgery. An in-depth look at important design considerations for the Blood Oxygenation components.

## **Join the Medtronic Choir at the Employee Holiday Program**

The Medtronic choir (the Medtronomes) is currently practicing for the Annual Employee Holiday Program, and we are looking for any retirees interested in singing the Hallelujah Chorus with us! If you plan to attend the Holiday Program this year and have participated in the choir in the past, consider joining the choir for the Hallelujah Chorus (sung at the end of the musical prelude just prior to the start of the program). The commitment would be to attend one evening practice prior to the program, exact date and time to be determined. If you are interested or have questions, please send an email to [elizabeth.a.fehrmann@medtronic.com](mailto:elizabeth.a.fehrmann@medtronic.com) or [karen.a.kutzner@medtronic.com](mailto:karen.a.kutzner@medtronic.com).

## **Join the Medtronic Orchestra for the Employee Holiday Program**

We are looking for retirees interested in playing in the orchestra for the *Hallelujah Chorus* to be performed with the Medtronic choir on Friday, December 13, at the annual Employee Holiday Program. If you plan to attend the Holiday Program this year, consider joining the orchestra for the *Hallelujah Chorus* performed just prior to the start of the Program at 1:30 PM. We are seeking Medtronic retirees who have played the *Hallelujah Chorus* previously or are advanced musicians with good sight-reading abilities.

Orchestra members will be asked to attend one evening rehearsal at the Mounds View facility on Monday or Tuesday, December 9 or 10, and the evening sound check at WHQ on Thursday, December 12. A schedule of the rehearsal and sound check times will be provided to you.

Please contact [Jolene Sunsten](#) for additional information.

## **VSP Holiday Social**

The Annual VSP Holiday Social is planned for Wednesday, December 11<sup>th</sup> from 4:00-6:00 p.m. at the Mermaid in Mounds View. Hors d'oeuvres will be provided with a cash bar. Admission to this event will be a donation to Christmas Dinners Anonymous. Watch for registration information in the November Newsletter.

## **Children's Holiday Party**

Save the date for the annual Children's Holiday Party, Saturday, December 7<sup>th</sup>. The "old" tradition is being brought back by popular demand and Jan Miskowic, who facilitated this event for many years, is back working on this year's party. Jan needs your help, as it takes many volunteers to make a successful party. If you like children, have a special talent to share or know someone that would make a fantastic Santa or Mrs. Claus and would like to volunteer for a few hours or all day, please contact Jan Miskowic at [miskojan@hotmail.com](mailto:miskojan@hotmail.com) or feel free to call her at 763-425-0508. The smiles and hugs from the children make it all worthwhile.

## **VSP VOLUNTEER REPORT**

**Thanks** to VSP volunteers who worked at Second Harvest Heartland (west) on September 19. It was the first time for us to volunteer at the Golden Valley location. Our 28 volunteers packed 7,944 pounds of eggs and cereal without breaking an egg!

Volunteers were: Sue Ahlstrom, Rose Becker, Sue Bitzan, Ruel Carpenter, Dan & Linda Dahlheimer, Andrea DuCharme, Trish & Jerry Hartlaub, Kathie Kelly, Joanne Klein, Connie Langager, Karen Larson, Char Paulson, Nancy Rude, Chris Sagert, Nancy Sherman, Gail Sidor, Ron & Jane Stuedemann, Roy & Jane Testerman, Tom & Diana Ursin, Rich Worner, Cathy Yach, Alyce Widmer and Sue Fox.

**Thanks** to VSP volunteers who worked at another first on October 4<sup>th</sup> at the Health & Fitness Expo in St. Paul. We handed out materials to the Medtronic TC Marathon and 10-mile participants. It was fun to see the runners up close and personal!

Our 14 volunteers were: Rose Becker, Jerry & Trish Hartlaub, Sue Harwood, Joanne Klein, Connie & Bruce Langager, Maryanne & Charles Lo, Ron & Jane Stuedemann, Tom & Diana Ursin, and Joanne Yates.

### **FUTURE VSP TEAM VOLUNTEER EVENTS:**

- **November 7 – Mano a Mano in St. Paul**
- **December 2-5 Medtronic Red Cross Blood Drive**
- **December 13-20 – Phone callers for CDA Dinner Delivery**
- **February 12 – Feed My Starving Children**

**MANO A MANO: Thursday, November 7, 2013, 10:00-12:00, followed by lunch**  
**Registration is open!** We're going back to Mano a Mano again to sort and pack medical supplies and equipment for distribution to Bolivia. Mano a Mano is located at 925 Pierce Butler Route in St. Paul. Please contact [cmlangager@comcast.net](mailto:cmlangager@comcast.net) to join.

Mano a Mano International is a Minnesota-based 501(c)(3) nonprofit aiming to improve health and increase economic well-being in Bolivia, the poorest nation in South America and the second poorest in the western hemisphere behind Haiti. They collect, sort, and pack medical supplies and equipment from local hospitals and individuals to ship to Bolivia. To see their project photos and commentary, go to <http://manoamano.org/blog/>.

### **MEDTRONIC RED CROSS BLOOD DRIVE – Monday-Thursday, December 2-5**

Medtronic needs our help to staff the Red Cross blood drive at various locations. Please e-mail [cmlangager@comcast.net](mailto:cmlangager@comcast.net) if you can work a 9:00-3:00 shift at one of the following locations. A lunch is provided during the work shift.

Monday 12/2/13 – Mounds View Mahle Auditorium  
Tuesday 12/3/13 – Mounds View Mahle Auditorium  
Wednesday 12/4/13 – World Headquarters Auditorium  
Thursday 12/5/13 – Rice Creek Griffin Auditorium

## **CHRISTMAS DINNERS ANONYMOUS – December 13-20**

**Registration open!** The Medtronic Christmas Dinners Anonymous are again asking for retirees who are willing to give a short amount of time (estimate would be a maximum of 1-2 hours from the comfort of your own home) to contact the dinner recipients to verify name, address, ages of children. As always, this activity occurs the week before the delivery date which is December 21 this year. Please e-mail [cmlangager@comcast.net](mailto:cmlangager@comcast.net) if you have some time to help CDA.

## **FEED MY STARVING CHILDREN – Wednesday, February 12, 9:15-11:30**

**Registration open!** Plan to join other VSP team volunteers at Feed My Starving Children headquarters at 401 – 93rd Avenue NW in Coon Rapids MN in Coon Rapids, MN. We'll meet at 9:15 for the registration/kick-off and then work from 9:30 to approximately 11:30 AM.

At Feed My Starving Children, VSP teams fill life-saving packets that are boxed and shipped to countries affected by natural disaster or economic despair. FMSC meals go to orphanages, schools, clinics, refugee camps and malnourishment centers.

## **OTHER COMMUNITY OPPORTUNITIES FOR VOLUNTEERS:**

**Meals on Wheels/Columbia Heights area** - The Meals on Wheels program depends on volunteers to deliver noon meals to seniors. Meals are prepared at Unity Hospital and delivered to the Medtronic Rice Creek facility. Volunteer drivers pick up the meals at the Rice Creek Central location and return the bags to RC upon completion of the route. The entire process takes about one hour once a month and training is provided. If you would like to see what is involved, try a ride-along with a current volunteer. Contact Kris Erickson, Neuro HR, 763.526.8211 or [kristin.i.erickson@medtronic.com](mailto:kristin.i.erickson@medtronic.com).

## **Mano a Mano - New Open Volunteer Time - Every Tuesday Evening from 4-7 PM**

Mano a Mano has a new open time for volunteers. Every Tuesday from 4p-7p you are welcome to stop by and volunteer, for as long or as little as you'd like, helping to sort donated medical and school supplies for shipment to Bolivia and a variety of other volunteer projects as they come up. This is open to anyone - feel free to bring a friend, and no need to RSVP - just show up when it works for you. If you are interested in volunteering or learning more [PLEASE CLICK HERE](#).

**Lyric Arts, a small theater, in downtown Anoka** has some great opportunities for volunteers either during a performance as ushers or refreshment sales staff. The benefit of working during a performance is that you are helping support the arts and you get to see the show! The volunteer coordinator is [matt@lyricarts.org](mailto:matt@lyricarts.org). For more info, see <http://www.lyricarts.org/get-involved/volunteering>.

**P.E.T. (Personal Energy Transportation)** is a 501(c)(3) organization that manufactures and provides wheelchairs for amputees and other victims of tragedy around the world. If you are interested, contact [PETMNTC@aol.com](mailto:PETMNTC@aol.com).

**Volunteer at the Bakken (ongoing)** Consider being either a mentor or a volunteer in the Bakken Museum Outreach Programs to help show students how important it is to wonder, try, discover and share! Opportunities are available at the Bakken Museum on Saturday mornings and afternoons and Thursday evenings. Contact Justin Spencer [Spencer@thebakken.org](mailto:Spencer@thebakken.org) or John Pawloski (Volunteer Mgr) at [pawloski@thebakken.org](mailto:pawloski@thebakken.org) or call 612-926-3878, x220.

**Other Community Opportunities:** Please check the following websites for other individual and small group volunteer opportunities:

[http://mdt retirees.org/uploads/2/8/0/8/2808298/volunteer\\_list\\_3-2-12.pdf](http://mdt retirees.org/uploads/2/8/0/8/2808298/volunteer_list_3-2-12.pdf)

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

**VOLUNTEER AND MATCHING DONATION GRANTS THROUGH THE MEDTRONIC FOUNDATION**

- As of September 10<sup>th</sup>, Medtronic Philanthropy launched the Medtronic Matching Grants program. This program will match your charitable contributions dollar-for-dollar up to \$50,000 per calendar year, to the nonprofit organizations of your choice, if made through the Mission in Motion website.

***Please note:*** The following process and website are to be used for *both* your 25-hour annual volunteer grants, *and* for monetary donations to qualifying charitable organizations for a matching contribution from the Medtronic Foundation.

Go to <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. Type into Google Chrome, Firefox, Safari, or Internet Explorer: <http://medtronic.yourcause.com/yourcause-sso/contractorlogin.aspx?subdomain=medtronic>.

For questions about this process or website, contact [ascroggins@yourcause.com](mailto:ascroggins@yourcause.com) or [Alison.stinar@medtronic.com](mailto:Alison.stinar@medtronic.com).