

# VSP Newsletter

## June 2014



*Medtronic VSP  
Retiree Group  
Minnesota*

### **VSP Board**

#### **Chair**

**Ron Stuedemann**

763-755-6548

ron.stuedemann@comcast.net

#### **Secretary and Treasurer**

**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**

651.429.5177

bergmanj3@comcast.net

#### **Newsletter**

**Dianne Ohlenkamp**

763-786-8379

dianneohlenkamp@gmail.com

#### **Benefits**

**Kathie Kelly**

kathie.kelly@msn.com

#### **Lunch & Learn Events**

**Jerry Hartlaub**

651-633-0281

pj65@comcast.net

#### **Webmaster**

**Jerry Hartlaub**

**Website: [mdt retirees.org](http://mdt retirees.org)**

## ***Learning – Connecting - Serving***

### ***VSP Annual Meeting and Spring Luncheon***

The Annual VSP Meeting and Spring Luncheon was held on Wednesday, May 14<sup>th</sup> at Edinburgh USA in Brooklyn Park. A record number of attendees (95) enjoyed lunch and had a chance to catch up with old friends. Speakers were Cory Gregory, Medtronic Philanthropy, with an update on the philanthropy program at Medtronic and Brian Davis, Corporate Partnership Officer, Second Harvest Heartland, who shared an overview of the programs and services provided by Second Harvest Heartland. Jan Ladd was the winner of a brunch gift certificate donated by Edinburgh.

### **MARK YOUR CALENDARS – *Health Care Costs and Retirement Savings, Tuesday, July 29, LUNCH & LEARN***

The July 29 event will focus on the impact of rising health care costs on retirement savings. There will be an overview of Medicare coverage and costs, long-term care costs, available options for supplemental health care and long-term care insurance. It's a free mid-day (11:30am -1:30pm) educational activity at the World Headquarters, featuring a topic important to all retirees. Read the July Newsletter for the details or register now with Jerry Hartlaub ([pj65@comcast.net](mailto:pj65@comcast.net)). Don't miss this second in a series of financial issues for retirees. Plan to attend!

The May 21 Lunch & Learn event addressed *Estate Planning* and was attended by 45 Medtronic retirees, including some significant others. A financial advisor (*Jack Reed*, Edward Jones) and an estate attorney (*Perry Destefano*) presented a thorough overview. Many pressing issues were discussed largely based on questions from the attendees. In addition to the July 29 event, a third event in the series, addressing investing for retirees, is being planned. Beyond that, medical insurance plans may be a future topic. Suggestions for future topics are very welcome.

## **Minnesota Twin vs. Cleveland Indians**

Tickets are still available for the game on Tuesday, July 22 when the Minnesota Twins vs. the Cleveland Indians at 7:10pm at Target Field. The Twins are now playing close to 500 ball and on any given day are fun to watch. Deadline to register – Friday, June 29<sup>th</sup>. See flyer/registration form at the end of the newsletter.

## **Annual Ice Cream Social**

Save the date – Tuesday, August 19, for the Annual Ice Cream Social. Plan to join your fellow retirees at Medtronic World Headquarters in the Auditorium from 1:30 – 3:00pm. Guest speaker, Sara Meslow, Executive Director and Founder of Camp Odayin – For Kids with Heart Disease. Sara was a recipient of an ICD in January of 2000 and is also the daughter of John Meslow, retired Sr. VP. Watch the July newsletter for registration information.

## **Volunteers Needed for Focus Group**

Medtronic retirees, their spouses, or friends in the Twin Cities area are invited to participate in focus groups looking for opinions on medical devices. This study is for dissertation research and not related to Medtronic business. Knowledge of device technicalities is not needed.

- Currently recruiting individuals aged 60 and over not diagnosed with diabetes.
- Participants will be paid \$30 for about 60 minutes of time.
- Location and time tailored to volunteer preferences.

Contact Eric Carpenter (CRDM intern Mounds View campus) at 919-649-7850 or [eric.carpenter@medtronic.com](mailto:eric.carpenter@medtronic.com) for more information.

## **VSP VOLUNTEER REPORT**

Thank you to these VSP volunteers for working at Bridging in Roseville on May 8: Judy Bergman, Bernie Bollig, Diann Commers, Dan Dahlheimer, Linda Dahlheimer, Gail Frerichs, Jerry Hartlaub, Trisha Hartlaub, Karen Kutzner, Kurt Kutzner, Lois Markie, Jan Miskowic, Char Paulson, Gail Sidor, Diana Ursin, and Tom Ursin.

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

- Medtronic/Red Cross Blood Drive – July 21-24, 9:00-3:00
- Feed My Starving Children – August 12, 9:30-11:30

**MEDTRONIC RED CROSS BLOOD DRIVE – Monday-Thursday, July 21-24 - *Registration is open\**** The format for the blood drive will be slightly different in that only greeters are needed; no servers. A total of 14 greeters will be needed. The shifts will remain the same with a 9:00-3:00 shift. The locations are:

- Mounds View, Mon., July 21 through Thurs., July 24 – 8 greeters needed
- WHQ, Tuesday, July 22 only – 2 greeters needed (*one greeter still needed*)
- Rice Creek, Wed., July 23 and Thurs., July 24 – 4 greeters needed (*one greeter still needed for July 23*)

**To register, please e-mail Judy Bergman at [bergmanj3@comcast.net](mailto:bergmanj3@comcast.net)**

## **FEED MY STARVING CHILDREN – Tuesday, August 12**

***Registration is open\*!*** We will be volunteering at the Coon Rapids location, 401 93<sup>rd</sup> Avenue NW from 9:30 a.m. – 11:30 a.m.

***To register, please e-mail Judy Bergman at [bergmanj3@comcast.net](mailto:bergmanj3@comcast.net)***

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

### **TC Half Marathon and Relay**

Looking for a volunteer opportunity in July, and a way to kick off Independence Day weekend? Join Twin Cities In Motion as we host the 5<sup>th</sup> annual [Red, White & Boom! TC Half Marathon and Relay](#).

Learn about the various volunteer opportunities [here](#) on our website. We hope to see you at the event!

### **Meals on Wheels Drivers, Roseville Area**

Drivers are needed to deliver meals to 8-10 homes, weekly on Thursdays from 11:00 am-12:30 pm. A six-month to one-year commitment is requested. Training is provided. Call Jyni, 952-945-4162, or [Email Jyni](#) for more info.

### **Medical Appointment Driver**

Provide transportation for older adults to medical or dental appointments using your own vehicle. Volunteer as few or as many hours as you'd like. Training is provided and mileage reimbursement is an option. A six month to one-year commitment is requested. Call Jyni, 952-945-4162, or [Email Jyni](#) for more info.

### **Hospice Volunteer Opportunities**

If you are seeking a rewarding volunteer opportunity that allows you to share your time and unique gifts in a way that enriches the lives of others, please consider volunteering for St. Croix Hospice.

At St. Croix Hospice, care and comfort are tailored to the unique preferences of our patients, families and primary caregivers. We individualize care to ensure it is provided in a way that brings dignity, respect and compassion and believe that moments of joy can be found through meaningful experiences; even in challenging times. We recognize the significance of each precious, end-of-life journey and we will do all we can to provide a unique and honorable hospice experience.

As a companion volunteer, you will visit patients and families by offering emotional support with conversations, listening, or even a quiet calm presence. The visits may involve looking at photos, reading, walking or helping patients attend activities in their assisted living facility. Visiting times are flexible and are individualized to our patients and volunteer's schedules. Time commitment is one hour a week. Comprehensive training is provided as well as ongoing support from the St. Croix Hospice team. Must be over 18 and pass a criminal background check and Mantoux screening (cost-free.)

At St. Croix Hospice, care and comfort are tailored to the unique preferences of our patients, families, and primary caregivers. We individualize care to ensure it is provided in a way that brings dignity, respect, and compassion to all those we serve. For more information about volunteer opportunities with St. Croix Hospice, please contact Volunteer Coordinator: Karen Quammen at [kquammen@stcroixhospice.com](mailto:kquammen@stcroixhospice.com) or call at 612-834-7232 to learn more about getting involved.

### **Bloomington Schools**

Do you have one morning a week to volunteer helping elementary students with Reading or Math? Students going into grades 1 through 6 need your help. July 7 - August 1, 2014. Monday through Friday 8:00 -11:15am, Oak Grove Middle School - 1300 W 106th Street. Call Molly, 952-945-4161, or [Email Molly](#) for more info.

Help Pre-school students get ready for Kindergarten one morning a week with Bloomington Schools' Kinder Sprouts Program. July 7 - August 14, 2014 Monday through Thursday - 8:45 -11:30am, Pond Center - 9600 3rd Avenue South. Call Molly, 952-945-4161, or [Email Molly](#) for more info.

### **Food Shelf Shopper Helpers Needed, Brooklyn Center**

Put a smile on your neighbor's face in the midst of a difficult time of life! Assist CEAP shoppers with filling their food orders according to family size and needs. Current needs in Brooklyn Center are Mondays, AM (8:30 - 12:30) & PM (12:30 - 4:30) shifts, and Tuesday, Wednesday, & Thursdays 12:30 - 4:30. Call Molly, 952-945-4161, or [Email Molly](#) for more info.

### **Experience Corp Tutors Needed Minneapolis and St. Paul**

Experience Corps is an award winning national program that engages individuals 50+ in addressing the need for greater literacy. Volunteers are trained as literacy tutors and placed in schools in Minneapolis and St. Paul. Volunteers work 4-15 hours per week in grades K-3. Individuals who tutor 10-15 hours per week will receive a small stipend. Call Noreen, 952-945-4166 or [Email Noreen](#) for more info.

### **Summer Learning Camps Multiple Locations in the Twin Cities**

This summer you can help students in grades K-6 build confidence, develop social skills and increase their love of learning by becoming a volunteer in a high-quality learning program. Many shifts and locations available. Call Molly, 952-945-4161, or [Email Molly](#) for more info.

### **Upcoming Special Project - Veteran's Story Collection**

This friendly visiting project will take place over several months, using volunteer visitors who want to visit veteran clients of partner organizations and interview them regarding their wartime experiences. The stories we collect will be submitted to the Veterans History Project at the Library of Congress. We will need a lead volunteer to help coordinate the project, and several volunteer visitors. Call Jyni, 952-945-4162, or [Email Jyni](#) for more info.

**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.

### **Second Harvest Heartland**

For the third year, Second Harvest Heartland is teaming up with General Mills, Big Machine Label Group and Feeding America to Outnumber Hunger. By redeeming a special code from a General Mills participating product and including your zip code, you can provide meals in our community for those who might otherwise go without.

For every code entered before January 31, 2015, General Mills will donate 55.5 cents (the equivalent of five meals for area families) and up to \$1,200,000 dollars.

**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 PHILANTHROPY 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 Philanthropy's Matching Grants program, go to the Mission in Motion website at <http://medtronic.yourcause.com/yourcause-ss0/contractorlogin.aspx?subdomain=medtronic>.

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 Alison Stinar at [astinar@yourcause.com](mailto:astinar@yourcause.com) or Cory Gregory at [cory.gregory@medtronic.com](mailto:cory.gregory@medtronic.com).**



**VS**



**Tuesday, July 22, 2014**  
**Game time 7:10 pm**  
**\$28 per Ticket**

Join your fellow retirees to cheer on the Twins as they take on their division rivals, the Cleveland Indians. This is the 5<sup>th</sup> season for the Twins at Target Field. Target Field is the envy of major league baseball and will host the All Star game this year. Come join in the fun, baseball played outdoors the way it should be.

Tickets have been reserved for Medtronic VSP members and their guests in Section S on the Skyline Deck. The seats are located between the upper deck and the box seats on the third base line midway and between third base and the outfield seats.

**Transportation will not be provided. If you would like to ride the North Star Line ([www.metrotransit.org](http://www.metrotransit.org)) to Target Field (\$6 round trip) you can board it at the Fridley Station which is located at 61st Avenue & Main Street NE (one block east of East River Road). The train leaves the Fridley Station at 5:39 and arrives at Target Field at 5:55. An extra north bound trip leaves Target Field after the last out. Tickets will be mailed to you during the week of July 14th. Make checks payable to Medtronic VSP and mail with completed form to: Carol Baumgartner, 1990 Rush Lake Trail, #422, New Brighton, MN 55112.**

Deadline to Register – Friday, June 27<sup>th</sup>

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_\_ tickets @ \$28.00 each

Total enclosed \_\_\_\_\_ Check # \_\_\_\_\_