

# VSP Newsletter October 2015



*Medtronic VSP  
Retiree Group  
Minnesota*

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## *Learning – Connecting - Serving*

### **Medtronic Benefits Reminder**

For Medtronic retirees who have their medical insurance through Medtronic, notifications will be forthcoming from Medtronic and WageWorks on the 2016 plans. You also should be receiving communications directly from your provider (Ucare, Medica, HealthPartners Freedom) as required by CMS.

Like last year, Medtronic will not have an open enrollment period for retirees to change plans. A summary of 2016 benefits will be updated and available on the Medtronic retiree website on November 1, 2015. Contact information for all questions will be in the communications and on the website.

### **Baby Boomers, Millennials, and Aging A Historic Change**

Join Medtronic Philanthropy, Medtronic Young Professionals and VSP Retiree Group for a discussion led by *Citizens League* about the demographic shift and what it means for ALL of us.

**When:** November 5, noon to 1PM

**Where:** Medtronic Mounds View, MVS 1D  
8200 Coral Sea Street  
Mounds View, MN 55112

Bring your lunch as refreshments are on us! Only 40 spots available. RSVP here: <http://www.cvent.com/d/wfqnhg>. All retirees must RSVP so we can ensure security name badges are created.

### **Annual VSP Holiday Social**

Save the Date for the Annual VSP Holiday Social on Wednesday, December 9<sup>th</sup> at the Mermaid in Mounds View. Watch the November Newsletter for registration and additional information.

### **Wisconsin Fall Outing**

Our fall outing to Wisconsin on October 8<sup>th</sup> was enjoyed by fifty-one retirees and their guests. The tour offered a variety of activities to please everyone, starting with BINGO on the bus. We heard some fun folk music, experienced a wagon ride or two, sampled some delicious wines and tasted a few brews. Lots of cheese curds, bottles of wines and Leinenkugel's apparel were purchased to bring home. The weather cooperated and the rain held off until the ride home.

## **PLAN TO ATTEND the Next *Lunch & Learn* Event**

At the Monday, October 26, 2015 *Lunch & Learn* Event, learn how to take advantage of the Medtronic Philanthropy gifting to charity programs:

- 1) Matching Grant - matches retiree gift to a charity up to \$100,000.
- 2) Volunteer Grant - provides a \$500 gift to a charity for 25 volunteered hours by a retiree

Please RSVP if you expect to attend by emailing Jerry at [pj65@comcast.net](mailto:pj65@comcast.net) or by calling 651.633.0281  
Enjoy time with other Medtronic retirees. It's a free, mid-day activity. Plan to attend.

**Title:** Medtronic Philanthropy Gifting Programs

**Speakers:** *Noi Keothammakhoun*, Medtronic Philanthropy

*Alison Stinar*, Account Manager, YourCause (YourCause is administered by a MDT vendor)

**Date:** Monday, October 26, 2015

**Time:** 11:30 am - 1:30 pm

**Place:** MDT Operational Headquarters, Executive Dining Room (710 Medtronic Parkway, Fridley, MN)

**Invitees:** All Medtronic retirees and their significant others

### **Meeting Logistics:**

11:15 am - Arrive at the Visitor Entrance (via employee parking ramp) and sign-in. You may need to park in the west overflow lot if the ramp is full. If brown-bagging, go to the meeting room. If buying lunch, proceed to the cafeteria. All are encouraged to dine in the meeting room.

11:30 am - Lunch

11:55 am - Introductions

12:00 pm - Presentations with Q&A

1:15 pm - Individual Questions, Social Time, Minnesota Good-bye

## **Reminder - Medtronic Medicare Webinar Fall 2015**

The Medtronic Retirement Assistance Program is hosting a webinar on Tuesday, October 20, 2015, at 10:00 am, titled "The ABCD's of Medicare: Making Good Medicare Decisions." With the Medicare Open Enrollment period running from October 15 to December 7, this webinar is timely and informative. To register, use the link: <http://medtronicretirementassistance.com/>.

## **New: Project Warm Hearts Volunteer Opportunity**

Would you like to share your time and talents from the comfort of your own home to keep community members warm? Project Warm Hearts is for you! There will be an organizational meeting for Medtronic retirees or spouses interested in knitting, crocheting or sewing items for community donation at Medtronic Operational Headquarters on November 13, 1:00 - 2:30 p.m. in Cafeteria A&B. Organizations identified to receive the handcrafted items include Greater Minneapolis Crisis Nursery, Bridging, People Serving People, and Life Haven. Once a retiree volunteers 25 hours creating items for any of these charitable organizations, a \$500 annual Medtronic Philanthropy Grant can be sent in their name. Please contact Karen Kutzner at [kutznk@msn.com](mailto:kutznk@msn.com) or 763-560-7995 by November 9 if you plan to attend, for additional information, or to contribute yarn, cotton or flannel fabric to the Project Warm Hearts volunteer group.

## **In Remembrance**

Jerry Hults - <http://www.startribune.com/obituaries/search/?obitSearch-dateRangeEnd=&obitSearch-dateRangeStart=&obitSearch-keyword=&obitSearch-name=hults&searchfilter=6-months>

Bob Goodell - <http://www.startribune.com/obituaries/search/?obitSearch-dateRangeEnd=&obitSearch-dateRangeStart=&obitSearch-keyword=&obitSearch-name=goodell&searchfilter=6-months>

## **VSP VOLUNTEER REPORT**

Thank you to these VSP members for volunteering at Bridging on September 10th: Judy Bergman, Sharon Harrington, Len Krumm, Karen Kutzner, Kurt Kutzner, Lois Marke, Jan Miskowic, Dean Rustad, Kathy Rustad and Nancy Sherman. The group filled 14 bins with table linen, kitchen linen, and kitchen utensils as well as tested many coffee pots and lamps.

Thank you to these VSP members for volunteering at the Medtronic Twin Cities Marathon: September 18 Race Packet Assembly – Judy Bergman. Each volunteer assembled 250 race packets.

October 2 Race Packet Pick-up – Judy Bergman, Kurt Kutzner, Charles Lo and Maryanne Lo.

October 3 Medtronic Booth – Janis Deetz

October 4 Mile 19 Water Station – Nancy Boyles, Jose Hernandez, Dianne Ohlenkamp

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

- Matter – October 14
- Catholic Charities – November 18
- Feed My Starving Children – December 17

#### **Matter – Wednesday, October 14**

*One more volunteer needed!* Matter is a nonprofit organization on a mission to expand access to health and food next door and around the world. We will be sorting and packing medical supplies to be sent to hospitals and clinics in developing countries to further the access of health care to all. We will be volunteering at the St. Louis Park warehouse located at 7005 Oxford Street, St. Louis Park from 1:00 p.m. – 4:00 p.m. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – Matter

<https://medtronic.yourcause.com/yourcause-ss0/contractorlogin.aspx?subdomain=medtronic>

*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 Alison Stinar at [astinar@yourcause.com](mailto:astinar@yourcause.com).*

#### **Catholic Charities – Dorothy Day Center - Wednesday, November 18**

*Registration is open\*! Need 8 more volunteers.* The Dorothy Day Center provides homeless people and families with basic necessities and offers resources that give hope for a better future. The Dorothy Day Center feeds 300-600 people per day and offers a host of additional services including medical, food shelf, and counseling. We will be volunteering at the Dorothy Day Center located at 183 Old Sixth Street, St. Paul from 8:30 a.m. – 11:30 a.m. We will be assembling sandwiches which will be used to feed the guests in the day program or the evening extended hours program. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – Catholic Charities – Dorothy Day Center

<https://medtronic.yourcause.com/yourcause-ss0/contractorlogin.aspx?subdomain=medtronic>

*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 Alison Stinar at [astinar@yourcause.com](mailto:astinar@yourcause.com).*

#### **Feed My Starving Children, December 17**

*Registration is open\*!* We will be volunteering at the Coon Rapids location at 401 93<sup>rd</sup> Avenue NW, Coon Rapid from noon – 2:00 p.m. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – Feed My Starving Children

<https://medtronic.yourcause.com/yourcause-ss0/contractorlogin.aspx?subdomain=medtronic>

*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 Alison Stinar at [astinar@yourcause.com](mailto:astinar@yourcause.com).*

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

### **Bakken Museum**

The Bakken offers volunteer opportunities for people of all ages, with or without a science background. The museum provides flexible scheduling (days, evenings, and weekends), a friendly staff and an excellent working environment. Go to their website

<http://thebakken.org/volunteer> to check out their current volunteer opportunities.

### **Rake a Difference Day 2015 - Washington County**

For over 15 years, Community Thread has been helping seniors and individuals with disabilities throughout Washington County rake their yards.

Rake a Difference Day is a family-friendly volunteer activity that engages approximately 400 volunteers, who rake more than 60 yards in our community. This year, volunteers will rake yards on Saturday, October 24 from 9:00am-12:00pm. Please call Jyni, 612-704-6116, or [Email Jyni](mailto:Jyni@communitythread.org) for more information.

### **Amicus One-to-One Volunteers Needed**

Amicus offers many opportunities to volunteer. Our most popular opportunity is as a One to One, offering friendship to an inmate or someone recently released, as he or she works to build a new life. One to One requires only a few hours each month and a one-year commitment to the relationship. Volunteer opportunities are also often available by providing community resources or skills-building help to our Heads Up Strategies employment skills class and sometimes Amicus Radius. Volunteers can also be found working in the Amicus office or joining a team to help gather and provide "Coming Home" kits of hygiene items and other basics for those recently released from prison. Call 612-704-6114 for more info.

### **Senior Surf Day Instructor - St. Paul**

Teach a two hour, basic, hands-on computer and internet class to older adults who have little or no experience with computers. Training provided. Volunteers are needed any days Monday through Friday between 8am and 5pm for a minimum of 4 hours per month and a minimum commitment of one year to program. Call Jyni, 612-704-6116, or [Email Jyni](mailto:Jyni@communitythread.org) for more info.

### **Household & Outside Maintenance for Elderly (HOME) Program of Senior Community Services**

The HOME Program serves age 60+: Bloomington, Brooklyn Center, Brooklyn Park, Crystal, Deephaven, Eden Prairie, Edina, Excelsior, Golden Valley, Greenwood, Hopkins, Long Lake, Maple Grove, Minneapolis, Minnetonka, Minnetonka Beach, Mound, New Hope, Orono, Osseo, Plymouth, Richfield, Robbinsdale, Shorewood, Spring Park, St. Louis Park, Tonka Bay, Wayzata, and Woodland.

RAKE THE LEAVES Fall Yard Clean-Up - Improve your health while helping a senior citizen remain independent in their home! You choose the date and time to rake and clean up the yard. Perfect for individuals, groups, and families. Seasonal: starting mid-October (depending upon the weather). This is a one-time unpaid fun, flexible activity on weekdays or weekends. Feel free to sign up multiple times! Exact location TBD in Minneapolis or Suburban Hennepin County, depends upon where the senior citizen resides. Please contact Jeanne the Household & Outside

Maintenance for Elderly (HOME) Program Volunteer Coordinator at [scsvolunteer@seniorcommunity.org](mailto:scsvolunteer@seniorcommunity.org) or call 952-767-7894 for more information.

### **Tutoring**

Rediscover the joys of learning by volunteering with PPL's afterschool youth programs. PPL offers one-on-one tutoring and mentoring program for students in grades K-8th living in affordable and supportive housing. Volunteers are matched with an individual student and work with that student on reading, relationship building, and academic engagement at one of 5 locations in the Twin Cities (all programs run Oct-May):

- \* St. Paul (Selby): Tues/Thurs, 5:30-7:30
- \* St. Paul (Highland Park): Tues/Thurs, 3-5 or 5:30-7:30
- \* New Hope: Mon/Wed, 5:30-7:30 or Tues/Thurs, 4:30-6:30
- \* Minneapolis (North): Mon-Wed, 4-8 (choose 2, 2 hr. sessions)
- \* Minneapolis (South): Mon-Wed, 4-8 (choose 2, 2 hr. sessions)

Call Annie, 612-704-6114, or [Email Annie](mailto:Annie@ppl.org) for more info.

### **Second Harvest Heartland**

Client Assistance and Administrative Support Volunteer Opportunities – Volunteering is more than packing food. Check out the below website for other volunteer opportunities. <http://www.2harvest.org/get-involved/volunteer/client-assistance-and-administrative-support-volunteer-opportunities.html#.VMkT7aM3eos>.

### **Help Others by Volunteering in the Bridging Warehouse**

Looking for a way to give back to the community? Do you like staying active? Are you newly retired and looking for an exciting volunteer opportunity? If so, we'd love to have you volunteer in the warehouse at Bridging! Bridging is a local nonprofit that provides furniture and household items to families transitioning out of homelessness and poverty. What do Bridging warehouse volunteers do? They help load and unload trucks, take in donations, and stock shopping shelves to serve over 80 clients each week. We have immediate openings for individuals to fill open warehouse shifts in our Roseville warehouse. Shifts are available Monday-Saturday and you don't need to commit to the same schedule each week. Contact Wendy Erickson [wendy.erickson@bridging.org](mailto:wendy.erickson@bridging.org) or 651-319-9295 to find out more.

**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>

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## **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-sso/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 Noi Keothammakhoun at [noi.keothammakhoun@medtronic.com](mailto:noi.keothammakhoun@medtronic.com) or Alison Stinar at [astinar@yourcause.com](mailto:astinar@yourcause.com).