

VSP Newsletter September 2015



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Learning – Connecting - Serving

Save The Date: The Medtronic Young Professional Employee Resource Group and the VSP Retiree Group will be hosting a presentation by the Citizens League on Thursday, November 5, 2015.

Subject: Minnesota and the rest of the country are about to go through an unprecedented demographic shift as Baby Boomers leave the workforce and Millennials become the largest generational group. What does this mean for aging, for workforce, for retirement, for wellness – for all of us? No matter what you care about, every policy issue will be significantly impacted by this historic change. Join us for an interactive conversation where we will discuss both the major trends, and the consequences for everyone. What do we need to know and what can we do to get ready?

The presentation will be held at the Medtronic Mounds View Facility from 12-1:00 PM. More information will be in the October 2015 newsletter.

SAVE THE DATE for 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 Grants - matches retiree gift to a charity up to \$100,000.
- 2) Volunteer Grants - provides a \$500 gift to a charity for 25 volunteered hours by a retiree.

Event Details: 11:30am-1:30 pm,

Medtronic Operational HQ

710 Medtronic Parkway, Fridley, MN

See the October newsletter for more details. It's a free, mid-day activity. Enjoy time with other Medtronic retirees. Plan to attend!

Medtronic VSP Fall Outing

Space is still available for the VSP Fall outing to Wisconsin on Thursday, October 8th. Deadline to register is Wednesday, September 23. See the flyer at the end of this Newsletter for additional information and registration.

VSP VOLUNTEER REPORT

Thank you to these VSP members for volunteering at The Food Group on August 11th: Sue Ahlstrom, Roseann Becker, Judy Bergman, Ruel Carpenter, Andrea DuCharme, Sandy Knobel, Karen Kutzner, Kurt Kutzner, Dean Rustad and Kathy Rustad. A total of 385 boxes of produce was packed. This will serve approximately 1,540 individuals!!

FUTURE VSP TEAM VOLUNTEER EVENTS:

- Medtronic Twin Cities Marathon Race Packet Assembly
September 18
- Medtronic Twin Cities Marathon – October 2
- Matter – October 14
- Catholic Charities – November 18

Medtronic Twin Cities Marathon Race Packet Assembly – Friday, September 18

Registration is open!* Volunteer duties will include assembling participant race packets for Medtronic Twin Cities Marathon Weekend at the Union Depot located at 214 Fourth Street East, Suite 300, Saint Paul from 9:00 a.m. – 1:00 p.m. To register, please click on the below link:

http://twincitiesinmotion.volunteerlocal.com/volunteer/?start_over&id=10719

Password: **MEDTRONIC15**

Medtronic Twin Cities Marathon – Friday, October 2

Registration is open!* Volunteer duties will include handing out the race packets for Marathon Weekend at the Saint Paul RiverCentre located at 175 West Kellogg Blvd, Saint Paul from 11:45 a.m. – 4 p.m. To register, please click on the below link:

<http://twincitiesinmotion.volunteerlocal.com/volunteer/?id=9015>

Password: **MEDEXPO15**

Matter – Wednesday, October 14

Registration is open!* 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.

Catholic Charities – Dorothy Day Center - Wednesday, November 18

Registration is open!* 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-ssso/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.

OTHER COMMUNITY OPPORTUNITIES FOR VOLUNTEERS:

2015 Twin Cities Walk to End Alzheimer's – September 26 – Target Field

What will YOU do to END ALZHEIMER'S?

Join Team Medtronic for the Alzheimer's Association Walk to End Alzheimer's



alzheimer's association™
U.S. develops the disease.

Let's help the Alzheimer's Association help us. Unfortunately, we will all need to benefit from their lobbying efforts, caregiver resources and support mechanisms in the future as Alzheimer's disease affects our families, friends and coworkers. Every 67 seconds someone in the

Please join the Medtronic team to support this extremely important cause. This is a fun and inspiring event – get your friends, family and other retirees together for the day of the walk. While there is no registration fee to sign up and no minimum that needs to be raised to participate, our goal is to have 50+ Medtronic team members and exceed last year's \$5661 raised funds!

SAVE THE DATE for the Walk – Saturday, September 26 at Target Field from 8:00 a.m. – Noon. Register to walk and make personal and family/friend donations at <http://act.alz.org/goto/TeamMedtronic>

(Don't forget Your Cause gift matching for donations of \$25+! Charity EIN # 41-1361624)

Support this good cause by either walking or volunteering. Medtronic is one of the sponsors for this event. To volunteer to help out at the event go to

http://act.alz.org/site/TR/Walk2015/MN-Minnesota-NorthDakota?pg=entry&fr_id=7586

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.

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](#) for more info.

Volunteers Needed in Dakota County

Volunteers are needed in Dakota County. Various opportunities and times available.

Opportunities include:

-Greeters- welcome and direct visitors. This is a seated position, feel free to bring a book or craft project.

-Fall yard clean up- help seniors in need.

-Grant researcher- support development staff by researching grant opportunities.

Call Jyni about these and other opportunities, 612-704-6116, or [Email Jyni](#).

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 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](#) 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>.

Double Your Impact with the Double Down Challenge

Every hour you volunteer for Second Harvest Heartland during September **will be matched with a \$5 donation from Bremer Bank, up to a total of \$50,000!**



Volunteer at a variety of locations - Golden Valley, Maplewood, Metro Wide at a Fresh Produce Distribution, or at a special event listed below. All volunteers' activities count towards our goal of 10,000 volunteer hours during Hunger Action Month.

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 or [651.319.9295](tel: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>

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 or Alison Stinar at astinar@yourcause.com.

MEDTRONIC VSP GROUP

Wisconsin Fall Outing

Thursday, October 8, 2015



Join fellow retirees for a fun filled day as we travel to Cadott and Chippewa Falls, Wisconsin in a comfy bus from Minnesota Coaches. This is a wonderful way to experience crisp fall weather and lots of beautiful fall scenery. The all day tour offers something for everyone.

Our first stop will be at Yellowstone Cheese where we can sample a few homemade cheese curds. Twenty-five different flavors are available for purchase along with jams, jellies, syrups, sausage and more. A cooler will be available on the bus to store perishables. Curds are made fresh every day.



At our second stop we will experience wildlife from a horse drawn (accessible) wagon as it meanders through the woods to Cabin Ridge.



At the gas lit lodge we will be treated to a delicious meal prepared by Judy Giles who will also entertain us as she shares over 200 years of family history along the creek. During our meal we will also enjoy folk music by local musician, Tim Danielson from the Danville Folk Singers.

The meal includes Chicken Kiev, baked beans, salad, pumpkin bars and coffee or lemonade.



The third stop will be at the Autumn Harvest Winery and Orchard where we will be treated to a complimentary tasting of four different wines. Freshly picked apples are also available for purchase.

The final stop will be at the Leinenkugel Brewing Company where we will take a tour and see how Leinenkugel's award-winning beers are handcrafted in an old-world Germanic brewery. The tour starts and ends at the Leinie Lodge where we can taste up to five samples of 5 ounce brews and also visit the museum and gift shop.



The total cost for this fun filled outing is only \$45 per person. Taxes and gratuity are included for the meal and the bus driver. A portion of the cost of this trip is being subsidized by the VSP Group.

Bus leaves at: 8:30 AM
 Pickup Location: Target (694/Central Ave.) Fridley MN (Please park in SE corner of the lot)
 Return time: Approximately 6:30pm
 Registration deadline: Wednesday, September 23, 2015
 Questions: Jan Miskowic 763-425-0508 or miskojan@hotmail.com

Registration:
 Name(s): _____

Number of attendees @ \$45.00 each = Total enclosed \$ _____

Make checks payable to: Medtronic VSP

Mail reservations to: Carol Baumgartner
 1900 Rush Lake Trail, # 422
 New Brighton, MN 55112