

VSP Newsletter

February 2017



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/>

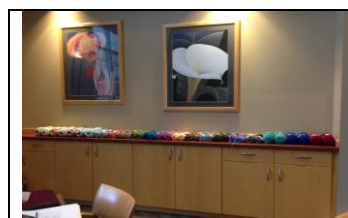
Learning – Connecting - Serving

VSP Annual Meeting and Spring Luncheon

Plans are underway for the VSP Annual Meeting and Spring Luncheon at Edinburgh USA. Be sure to save the date, Wednesday, May 10, on your calendars.

Project Warm Hearts

Project Warm Hearts is a group of Medtronic retirees or spouses that knit, crochet or sew items for community donation. At our last meeting in January, members donated 240 items and logged a total of 650 volunteer hours. Organizations identified to receive the handcrafted items include Greater Minneapolis Crisis Nursery, Bridging, People Serving People, Life Haven, Salvation Army, Bundles of Love, Alexandra House and Stepping Stone Emergency Housing. 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 or 763-560-7995 if you would like to join the group, for additional information, or to contribute yarn, cotton or flannel fabric to the Project Warm Hearts volunteer group. The next meeting is scheduled for Friday, April 28.



Thanks to a generous cash donation by Theresa Laukkonen, Project Warm Hearts was able to purchase yarn pictured here that will be used to make much needed hats, mittens, and scarves.

FREE SAFETY CHECK FOR SENIORS (see attached flyer)

No-cost Home Safety Check for senior citizens 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. Elders 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 five programs serving elders and caregivers statewide. For more information please visit www.seniorcommunity.org or call 952-541-1019. Seniors outside of Hennepin County should contact the Senior Linkage Line at 1-800-333-2433 for information about services in their area.

VSP VOLUNTEER REPORT

Thank you to these VSP and family members for volunteering at Second Harvest Heartland on January 17th: Sue Ahlstrom, Judy Bergman, Ruel Carpenter, Andrea DuCharme, Rick Haws, Karen Kutzner, Kurt Kutzner, Lois Marke, George Murakami, Judy Murakami, and Nancy Sherman. The group pack 500 boxes containing 12,708 meals.

Thank you to these VSP members for volunteering at the American Cancer Society Hope Lodge on January 23th: Judy Bergman, Andrea DuCharme and Lois Marke. The group served pie to 36 guests of Hope Lodge. The cancer patients and their caregivers really enjoyed having a slice of pie after undergoing their cancer treatment that day.

Thank you to these VSP members for volunteering for the American Red Cross/Medtronic Blood Drive on January 30 – February 2: Judy Bergman, Judy Blaha, Ruel Carpenter, Andrea DuCharme, Gary Grose, Rich Haws, Jan Miskowic, Judy Murakami, Dianne Ohlenkamp, Delia Saldana, and Ron Stuedemann. 175 units of blood was collected. This impacts 528 lives.

FUTURE VSP TEAM VOLUNTEER EVENTS:

- **American Cancer Society Daffodil Days – March 7**
- **The Food Group – March 22**
- **Bridging – April 20**

Medtronic/American Cancer Society Daffodil Days – Tuesday, March 7

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 – 2
volunteers still needed

Berkshire Office/Medtronic (legacy Covidien) – 2300 Berkshire Lane North, Suite #5,
Plymouth – 2 volunteers still needed

Medtronic Operational Headquarters – 710 Medtronic Parkway, Fridley - Full

Medtronic Mounds View – 8200 Coral Sea Street NE, Mounds View – 1 volunteer still needed

Medtronic Rice Creek – 7000 Central Avenue NE, Fridley - Full

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

<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 866-751-6031 or medtronic-support@yourcause.com.

The Food Group – New Hope, Wednesday, March 22

Registration is open!* We will be volunteering from 9:00 a.m. – 11:00 a.m. at their New Hope location. 8501 54th Avenue. We will be packing food in their warehouse. 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 866-751-6031 or medtronic-support@yourcause.com.

Bridging – Roseville, Thursday, April 20

*Registration is open**! We will be volunteering from 1:00 p.m. - 3:30 p.m. at their Roseville location. 1730 Terrace Drive. 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 866-751-6031 or medtronic-support@yourcause.com.

OTHER COMMUNITY OPPORTUNITIES FOR VOLUNTEERS:

Adult Day and Friendship Center Volunteer - Minneapolis

Are you looking for a way to engage and serve others? Adult Day at Friendship Center at East Side Neighborhood Services is looking for volunteers to serve snacks & meals and support kitchen cleanup (10:30am - 1pm) M-F. Orientation and training provided. Join our team in delivering quality service to the older adults of our community. Call Mary, 612-704-6114, or [Email Mary](#) for more info.

Computer Coach - South Minneapolis

Computers can open up a whole new world for older adults. Ebenezer has residents eager to learn computer skills. Our Life-Long Learning program needs computer coaches for residents around our campus. Residents need help with basic skill up to savvy computer skills. This is a flexible opportunity. Must pass background check. Call Mary, 612-704-6114, or [Email Mary](#) for more info.

Tutoring - New Hope, St. Paul and Minneapolis

Rediscover the joys of reading by volunteering with Project Pride in Living (PPL) afterschool youth programs! PPL offers a 1:1 tutoring and mentoring program for students in grades PreK-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. Volunteers are asked to commit to a 2-3 hour shift in the later afternoon or early evening. Call Mary, 612-704-6114, or [Email Mary](#) for more info.

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 866-751-6031 or medtronic-support@yourcause.com.

FREE SAFETY CHECK FOR SENIORS



No-cost Home Assessment

Provided by the HOME (Household & Outside Maintenance for Elderly) Program for seniors age 60+

Senior Community Services is a nonprofit organization with five programs, including the HOME Program.

To be checked:

- Tripping hazards
 - Grab-bars and handrails
- Smoke detectors in suburbs
- Lighting
- Other safety components

Seniors age 60+ residing in Hennepin County & Minneapolis are eligible.

For Information call 952-746-4046 or email: home@seniorcommunity.org

HOME Program also provides housekeeping, minor home repair, and mowing/snow removal services.

Seniors outside of Hennepin County should contact the Senior Linkage Line at 1-800-333-2433 for information about services in their area.

2017

SeniorCommunity.org
Main Phone: 952-541-1019

Senior Community Services
10201 Wayzata Blvd, Suite 335