

# VSP Newsletter

## July 2017



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

### **Medical Benefits for 65 and Over**

Medtronic Benefits has mailed instructions to retirees 65 and over regarding the changes to their medical coverage on Jan 1, 2018.

Training and information sessions are scheduled in mid-July via the web and in-person sessions. Please go to our website ([mdtretirees.org](http://mdtretirees.org)) and click on the “Retiree Health Care Insurance info” link for all the information.

### **Medtronic VSP Fall 2017 Outing**

Mark your calendar for the annual Fall Outing scheduled for Thursday, October 5. This year we will travel to beautiful Duluth, MN where we will tour the Glensheen Mansion then go to Grandma’s Saloon and Grill for lunch. After lunch, there will be some free time to take in the sights in Canal Park before we head home. See attached flyer for details and sign up information.

### **Medtronic and the Sustainable Development Goals: Together, Let’s Make Them a Reality**

Medtronic Foundation’s Project 6 focus this year is to continue to use our volunteer engagements to contribute toward progress on the Sustainable Development Goals (SDGs). In 2015, all countries belonging to the United Nations agreed to a set of 17 global goals for ensuring sustainable solutions to the key societal challenges around the planet by 2030. In partnership with these governments and countries, a global private sector group started IMPACT 2030, an employer-based movement to advance the SDGs through employee volunteerism. Medtronic Foundation is proud to be a founding partner of the IMPACT 2030 movement. Through Project 6, we are committed to help move the SDGs toward their successful end goals. If you were not able to join us on June 29 for the WebEx session on Impact 2030, the Global Goals and how you can help make them a reality and would like to listen, please click on the following link to view a recording by clicking [here](#).

### **Project 6 Extended Through July 28**

It’s not too late to lead a project, join a project or record your volunteer hours for Project 6! The Project 6 campaign has been extended through July 28. Put the Mission in motion today! The Foundation will be drawing the names of five retirees who record their volunteer hours during Project 6 (May 15 -July 14). These winners will each receive a \$50 (U.S.) CauseCard. These dollars can be donated to the winners’ charities of choice. Names will be drawn the week of August 7. Get started by going online

to <https://medtronic.yourcause.com/basic>. If you are new to the website, you are required to create an account and will need to have your Medtronic employee ID available at the time you set up your account. Please allow 7-10 business days for your account to be activated.

Click [here](#) to see step-by-step instructions on how to record your volunteer hours on Mission in Motion. For any questions, please contact Katie Troyer, [katie.troyer@medtronic.com](mailto:katie.troyer@medtronic.com).

### **American Red Cross Volunteer Overview Lunch & Learn**

Join the Medtronic Foundation on **Wednesday, July 26, from 11:30 am to 1:00 pm CDT at the Medtronic Mounds View location, Room Link 4D**, where Red Cross staff members outline the unique volunteer experiences and walk through the initial steps to become a Red Cross volunteer. Every single day, the American Red Cross helps people in emergencies. Whether it's one displaced family, thousands of disaster victims, or providing care and comfort to an ill or injured service member or veteran or support to a military family member, the vital work of the Red Cross is made possible by volunteers like you.

Have you considered becoming a Red Cross volunteer?

Red Cross volunteers touch lives every day. They are as diverse as the people receiving Red Cross services. It takes all kinds of people to make this organization work—different ages, backgrounds and skills. As a Red Cross volunteer, you directly help people who are facing an emergency. You may find your own life changed in the process.

- \* Pizza lunch will be served
- \* Please bring your laptop, if possible
- \* Space is limited. **RSVP with Amy Draxten at [amy.draxten@medtronic.com](mailto:amy.draxten@medtronic.com)**

#### In Remembrance

Ray Copa - <http://www.startribune.com/obituaries/search/?dateFilter=30-days&q=copa>

### **VSP VOLUNTEER REPORT**

**The Red Cross has an urgent need for blood. Please consider giving blood during the Medtronic/American Red Cross Blood Drive** – July 17 – July 20

**Retirees are encouraged to register to give blood at one of the Medtronic locations participating. To register follow the process below:**

#### **Blood Drive Registration Process**

1. Access <http://www.redcrossblood.org/>
2. In the “Find a Blood Drive” field on the upper right corner of the page, type in “Medtronic”.
3. Select your location preference and follow the prompts to select your donation time slot.

#### **Locations participating are:**

- MECC and Mounds View 7/17
- Sullivan Lake and Mounds View 7/18
- Mounds View and Rice Creek 7/19 and 7/20

#### **Walk to End Alzheimer's** – Saturday, September 9

Join the Walk to End Alzheimer's on Saturday, September 9, at Target Field. To register and donate go to: [http://act.alz.org/site/TR/Walk2017/MN-Minnesota-NorthDakota?fr\\_id=10532&pg=entry](http://act.alz.org/site/TR/Walk2017/MN-Minnesota-NorthDakota?fr_id=10532&pg=entry) .

## VSP VOLUNTEER REPORT

On June 1<sup>st</sup> Judy Bergman, along with several members of the Medtronic FOCUS group delivered the 25 cleaning supplies baskets to The Link. The group also made 48 breakfast sandwiches and 48 breakfast burritos for the clients of The Link. Below are some comments from The Link.

I cannot even begin to tell you what a hit the Move In Kits and Frozen Meals were. Every single donation that you all contributed was picked up for a youth before 11am this morning, every single one!!

I wanted to share a couple of the comments with you from staff and youth:

"What, Wow! This is like Christmas!!!"- LQ Staff

"This couldn't have come at a more perfect time, we have 3 youth moving in this weekend!"- Housing Case Manager

"Breakfast Burritos, we'll take as many as we can get, youth were just asking about food and they will love these!"

Thank you to the following individuals for volunteering for the BINGO event at the American Cancer Hope Lodge on June 5<sup>th</sup>: Judy Bergman, Karen Kutzner, Kurt Kutzner and Jan Miskowic. Nine Hope Lodge guests and/or caregivers participated. It was a small, but fun group and everyone won a prize. Special thank you to Jan Miskowic for calling the BINGO numbers.

Thank you to the following individuals for volunteering at Second Harvest Heartland on May 15: Steve Abbot, Sue Ahlstrom, Judy Bergman, Ruel Carpenter, Andrea DuCharme, Rick Haws, Karen Kutzner, Kurt Kutzner, Gail Sidor, Jean Testerman and Roy Testerman. The group helped pack 1,822 pounds of food equating to 1,518 meals.

### FUTURE VSP TEAM VOLUNTEER EVENTS:

- American Red Cross/Medtronic Blood Drive – July 17 – 20
- Special Olympics Golf – July 26
- The Food Group – August 17
- Bridging – September 14
- Medtronic/Twin Cities Marathon Race Packet Assembly - TBD

### American Red Cross/Medtronic Blood Drive, July 17 – July 20

**Registration is open\*!** Volunteers will check in blood donors and manage the flow of donors to the bloodmobile. We will be volunteering from 9:00 a.m. – 3:00 p.m. Two volunteers are needed at each location.

Monday, July 17 – MECC – **Two volunteers needed**

Monday, July 17 – Mounds View - **FULL**

Tuesday, July 18 – Mounds View – **One volunteer still needed**

Wednesday, July 19 – Mounds View - **FULL**

Wednesday, July 19 – Rice Creek – **One volunteer still needed**

Thursday, July 20 – Mounds View – **Two volunteers needed**

Thursday, July 20 – Rice Creek – **Two volunteers needed**

To register, please log into the Mission in Motion website using the below link and search for the

event Retiree – American Red Cross/Medtronic Blood Drive.

<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](mailto:medtronic-support@yourcause.com).*

### **Special Olympics – Blaine, Wednesday, July 26**

*Event is Full\*!* We will be keeping score for participants in the Special Olympics golf event at Victory Links, 2010 105<sup>th</sup> Avenue NE, Blaine from 8:00 a.m. – 2:00 p.m. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – Special Olympics. <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](mailto:medtronic-support@yourcause.com).*

### **The Food Group – New Hope, Thursday, August 17**

*Registration is open\*!* We will be sorting donated feed at their New Hope location, 8501 54<sup>th</sup> Avenue N., New Hope from 1:00 p.m. – 3:00 p.m. 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](mailto:medtronic-support@yourcause.com).*

### **Bridging – Roseville, Thursday, September 14**

*Registration is open\*!* We will be volunteering at their Roseville location, 1730 Terrace Drive, Roseville 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 – 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](mailto:medtronic-support@yourcause.com).*

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

### **Habitat for Humanity**

We are looking for retirees and/or spouses to become part of a crew that regularly volunteers at Habitat for Humanity. To be part of a regular crew, Habitat for Humanity expects a minimum of 1 volunteer day per month during the months of September – May. The volunteer day is from 8:30 a.m. – 4:00 p.m. and the crew size would be 8 – 12. We are also looking for a crew leader who would communicate with Habitat for Humanity to schedule shifts and communicate to the rest of the crew. If you are interested in being part of the crew and/or the crew leader, please contact Judy Bergman at [bergmanj3@comcast.net](mailto:bergmanj3@comcast.net) or (651) 295-4507. **(Please note: no special skills are needed to be part of the crew or the crew leader.)**

### **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>

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**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](mailto:noi.keothammakhoun@medtronic.com) or *the YourCause Customer Advocacy Team at 866-751-6031* or [medtronic-support@yourcause.com](mailto:medtronic-support@yourcause.com).



## *MEDTRONIC VSP GROUP*

Duluth, MN Fall Outing  
Thursday, October 5, 2017

Join fellow retirees for a fun filled day as we travel to Duluth, MN in a comfy bus from Minnesota Coaches. This is a wonderful way to experience crisp fall weather and the colors should be at their peak.

Our first stop will be at the 39-room Glensheen Mansion where we will experience the "Classic Tour". This one-hour tour features original interiors in styles ranging from Renaissance Revival and Colonial Revival to Arts and Crafts. Stories of the Congdon family and others who lived and worked at Glensheen bring this magnificent mansion to life. You'll see

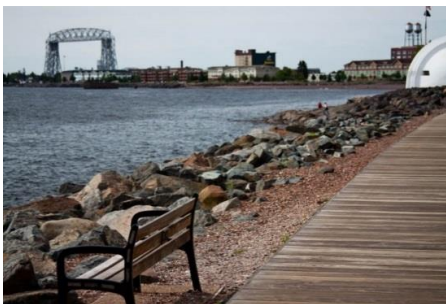


the Congdon's home just as they experienced it in 1908. The tour includes the lower level, first floor and second floor.



Following our tour at the Glensheen we will take a short ride to Grandma's Saloon and Grill located in Canal Park. A private room has been reserved for our group where a lunch banquet will be served. There are four entrees to select from that will be pre-ordered so there is no wait.

After lunch you will have time to enjoy the Canal Park district, a tourist and recreation area. It is connected by the famous Aerial Lift Bridge to the Park Point sandbar and neighborhood. Canal Park is largely a conversion of an old warehouse district into restaurants, shops dealing in antiques and other novelties, cafés, and hotels. Some of Canal Park's attractions include a 4.2 mile long lakewalk, a lighthouse pier, the Lake Superior Maritime Visitor Center, the Great Lakes Aquarium, and the William A. Irvin floating ship museum. Those interested in boats will also enjoy watching vessels from around the world enter Duluth's port.



You can meander down the boardwalk along Lake Superior, visit the many unique shops or just sit down and relax while you enjoy a speciality coffee or an ice cream cone.

**The bus will be departing for home at 3 p.m.**

The total cost for this fun filled outing is only \$48 per person. The \$48 cost includes bus ride, the tour, your choice of meal from the options listed below, and taxes and gratuities for the meal and tip for the bus driver. A portion of the cost of this trip is being subsidized by the VSP Group.

**This trip is limited to the first 56 people that sign up. Register early.**

Bus leaves at: 7:45 a.m.  
Pickup Location: Target (694/Central Ave.) Fridley MN (Please park in SE corner of the lot)  
Return time: Approximately 5:45 p.m.  
Registration deadline: Monday, September 25, 2017  
Direct tour questions to: Jan Miskowic 612-801-5649 or e-mail – [miskojan@hotmail.com](mailto:miskojan@hotmail.com)

Registration:

Name (s): \_\_\_\_\_ (Cell Phone #) \_\_\_\_\_  
\_\_\_\_\_ (Cell Phone #) \_\_\_\_\_

Entrée Choices (Please indicate the number of each selection)

- \_\_\_\_\_ **California Chicken:** *A broiled breast of chicken topped with lettuce, tomato and mayonnaise. Served on a fresh old-fashioned roll with dill pickles and crispy French fries.*
- \_\_\_\_\_ **American Classic Burger:** *1/3 pound, all-beef hamburger topped with grilled onions and American cheese, served on an old-fashioned toasted bun with dill pickles, and crispy French fries.*
- \_\_\_\_\_ **Marathon Spaghetti with Meatballs:** *Grandma's famous Italian spaghetti featuring zesty meat and tomato sauce. Served with a freshly baked Italian bread stick. Also available with vegetarian marinara.*
- \_\_\_\_\_ **Chicken Caesar Salad:** *A grilled chicken breast, julienned and served over a bed of crisp romaine lettuce, tossed with Caesar dressing. Topped with garlic croutons and grated parmesan cheese. Served with a freshly baked Italian bread stick.*

\_\_\_\_\_ number of attendees @ \$48.00 each = Total enclosed \$ \_\_\_\_\_

Make checks payable to: **Medtronic VSP**

Mail reservations to: **Denise Corbett**  
**1601 Rice Creek Road**  
**Fridley, MN 55432**