

VSP Newsletter

June 2017



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Learning – Connecting - Serving

Retirement Celebration for New Retirees – Huge Hit!!

Food, fun, and laughter flowed freely at the Mermaid on May 31 when over 400 veteran retirees, new retirees and “wanna-be’s” gathered to share stories and reconnect with MDT friends. Photos can be seen on the retiree website: <http://mdt retirees.org>. Many people expressed interest in a repeat of this gathering which was totally funded by employee and retiree donations. We are fortunate to have met and worked with many amazing people over the years.

65 and Over Medical Benefits

Due to the number of recent retirees who accepted Voluntary Early Retirement, Medtronic Benefits has delayed the information and training sessions for the 65 and Over Medical Benefits change until July. Information on time and place will be sent via mail in June.

Twins Game Outing – Register by June 23.

Join your fellow retirees to cheer on the Twins as they take on the always exciting New York Yankees on Monday, July 17. This is the 8th season the Twins will be playing at Target Field. Come watch the Twins play and enjoy outdoor baseball. See flyer at the end of this newsletter. **Deadline to Register – Friday, June 23.**

Log Your Hours on Mission in Motion and be Entered to Win a CauseCard!

Now that Project 6, the Medtronic Foundation’s global kickoff campaign to a new year of employee and retiree volunteerism is in full swing, we encourage you to record your volunteer hours on the Mission in Motion website.

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 July 17.

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.

Questions: Contact Katie Troyer, katie.troyer@medtronic.com.

VSP VOLUNTEER REPORT

Thank you to these VSP members for volunteering to package the cleaning supplies baskets: Judy Bergman, Sue Harwood and Ron Stuedemann. These VSP members along with FOCUS members packaged 25 cleaning supplies baskets from the items donated at the VSP Spring Luncheon and the FOCUS product drive. We had a goal of 10 baskets and with the help of FOCUS more than doubled that goal!!

Thank you to these VSP and family members for volunteering at Feed My Starving Children on May 18: Judy Bergman, Ruel Carpenter, Joanne Cramer, Andrea DuCharme, Sue Harwood, Jill Hatch, Rick Haws, Kathy Larson, Ann Minter, Dean Rustad, Kathy Rustad, Gail Sidor, Ron Stuedemann, Diana Ursin, Tom Ursin and Sarah Wronski. The group helped pack 197 boxes of food (our group packed 25 boxes). Each box contains 216 meals. A total of 42,552 meals were packed, enough to feed 116 children for a year.

The Medtronic Foundation was one of the sponsors of the American Red Cross Heroes Awards and Centennial Celebration held on May 19 at U.S. Bank Stadium. Omar Ishrak was the Minnesota Region Centennial Co-Chair and give the closing remarks. Noi Keothammakhoun and Katie Troyer from the Medtronic Foundation nominated Judy Bergman, Ruel Carpenter and Ron Stuedemann for the Give Life Hero Award (the VSP nominees did not win the award). Judy Bergman represented the group at the gala and heard the moving stories of the seven award winners.

FUTURE VSP TEAM VOLUNTEER EVENTS:

- **Second Harvest Heartland – Project 6 – June 15**
- **Matter – July 8**
- **American Red Cross/Medtronic Blood Drive – July 17 – 20**
- **Special Olympics Golf – July 26**
- **The Food Group – August 17**

Second Harvest Heartland – Golden Valley, Thursday, June 15

Registration is open*! This is a Project 6 volunteer event. We will be volunteering from 1:00 – 3:30 p.m. at their Golden Valley location – 6325 Sandburg Road. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – 2HH Golden Valley – Project 6. <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.

MATTER – St. Louis Park, Saturday, July 8

Registration is open*! We will be sorting medical supplies from 9:00 a.m. – noon at their St. Louis Park location – 7005 Oxford Street. 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/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.

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

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

Thursday, July 20 – Mounds View

Thursday, July 20 – Rice Creek

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.

Special Olympics – Blaine, Wednesday, July 26

Registration is open*! We will be keeping score for participants in the Special Olympics golf event at Victory Links, 2010 105th 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.

The Food Group – New Hope, Thursday, August 17

Registration is open*! We will be sorting donated food at their New Hope location, 8501 54th 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.

OTHER COMMUNITY OPPORTUNITIES FOR VOLUNTEERS:

Fairview Home Care and Hospice

Attached at the end of this Newsletter is Hannah's story. Hannah is a current Hospice volunteer for Fairview. She describes the uncertainty she felt when she visited her first hospice patient and the satisfaction she felt when she realized that what she was doing made a difference.

There is a wide array of volunteer opportunities through Fairview Home Care and Hospice in your community, please visit their website at www.fairview.org/hospicevolunteer or contact Janell Tibodeau, Volunteer Specialist at 612-728-4042.

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 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 or the YourCause Customer Advocacy Team at 866-751-6031 or medtronic-support@yourcause.com.



VS



Monday, July 17, 2017
Game time 7:10 pm
\$34 per Ticket

Join your fellow retirees to cheer on the Twins as they take on the always exciting New York Yankees. This is the 8th season the Twins will be playing at Target Field. Support the local boys, Joe Mauer and Paul Molitor, and all the young guys as they try to turn the team around. Come join in the fun and watch the Twins play and enjoy outdoor baseball.

All of the seats in the Overlook Section #137 have been reserved for Medtronic VSP members and their guests. The seats are located between first and second base in the right field directly behind the Target Plaza entrance – Gate #34.

Transportation will not be provided. If you would like to ride the North Star Line (www.metrotransit.org/northstar) to Target Field 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 5:38 and arrives at Target Field at 5:55. An extra north bound trip leaves Target Field 30 minutes after the last out.

Tickets will be mailed to you during the week of July 10th. Make checks payable to Medtronic VSP and mail with completed form to:

Denise Corbett, 1601 Rice Creek Road NE, Fridley, MN 55432
Deadline to Register – Friday, June 23rd

Name: _____

Address: _____

City & Zip: _____

Phone: _____

_____ tickets @ \$34.00 each Total enclosed _____ Check # _____

Fairview Home Care and Hospice

As Fairview volunteer, Hannah Drazenovich prepared to enter her first hospice patient's room, she wasn't sure what to expect. Hannah had volunteered before but never in hospice. On top of that, her patient, Doris*, was nonverbal, and Hannah was apprehensive with how they would interact.

Hannah stood in the doorway, reflecting back on the training she had received through Fairview Homecare and Hospice. One of the things she learned was to provide hand massages. Hannah swallowed her doubts, walked in with a smile and introduced herself to Doris.

As expected, she received no response other than a friendly gaze. Hannah proceeded to take her hands into her own and talk to her through the hand massage process. Again, no response.

Hannah continued to tell Doris about herself-that she was a pre-med student at St. Thomas and hoped to one day practice family medicine. When she was finished, she thanked Doris for the time they spent together and left.

Hannah continued her visits over the next several weeks. Each visit was always the same. She would introduce herself, massage Doris' hands as she talked to her about current events, thank her for her time and then leave.

However, on her 7th visit together, something extraordinary happened. Hannah walked into Doris's room as normal, introduced herself and sat down to begin the hand massage.

Before she could begin, Doris turned her head towards Hannah, grasped her hand and began to gently mover her thumb on Hannah's palm, just like the hand massage Hannah had been giving her for the past 6 weeks. Doris was reaching out; she was showing Hannah that they had connected.

"I was shocked," says Hannah. "I had volunteered with her for seven weeks and, without even realizing it, I had been building a relationship founded entirely on nonverbal contact."

"I was given the privilege of interacting with someone who had decades of life, experience, memories and relationships. This was a realization that I would never have had if it weren't for the volunteer experience in hospice. "

For more information about the wide array of volunteer opportunities through Fairview Home Care and Hospice in your community please visit our website at www.fairview.org/hospicevolunteer or contact Janell Tibodeau, Volunteer Specialist at 612-728-4042.