

# VSP Newsletter December 2017



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## *Learning – Connecting - Serving*

### **VSP Holiday Social at The Mermaid**

About 90 people attended the Holiday Social on December 6 at The Mermaid in Mounds View. It is always exciting to see so many new faces joining the retire group. The attendees chatted with “old” friends while enjoying appetizers and sharing stories of their working days at Medtronic. [Pic on website](#). Donations were collected for the Alexander House and the Medtronic Employee Assistance Fund.

### **Retirees for the Sustainable Development Goals**

The Medtronic Foundation has launched **Retirees for the Sustainable Development Goals (SDGs)** - a toolkit to activate engagement and encourage collaboration to advance the Global Goals.

Retirees for the SDGs will help you understand more about the 17 United Nations Sustainable Development Goals, or Global Goals, and how you can help achieve them through your individual and collective volunteer efforts. In 2015, world leaders representing 197 United Nations member states voted unanimously on these goals as the 17 biggest challenges facing humanity that must be solved by 2030. These include ending poverty and hunger, ensuring good health, and fighting climate change.

The aim of this initiative is not only to educate retirees about the Global Goals movement, but also to inspire you into action for a healthier, better world through your volunteer efforts. The Retirees for the SDGs toolkit consists of two parts. The first is a retiree-led workshop called “Introducing the Global Goals” and the second is an opportunity to take action in your community by volunteering to teach the Global Goals to young people or other community members where you live.

A training will be offered in early 2018. Be on the lookout for dates in the January 2018 newsletter.

### **Winter Event**

A limited number of tickets have been reserved for a dinner and play outing on Sunday, March 11<sup>th</sup>, to see “*Over the River and Through the Woods*” presented by the Season’s Dinner Theatre at Majestic Oaks in Coon Rapids. Fabulous seating in the first two rows! This is a hilarious, family comedy loaded with laughs for everyone! See flyer at end of newsletter for additional information and registration. Register early as our events sell out quickly!

## **State Capital/St. Paul Cathedral**

Even though we got a late start because of a bus driver error and it was a windy and cold November day, everyone enjoyed the visit to downtown St. Paul. After several years of renovation efforts at the Capital, we saw how it was restored to “like new” condition. The history of the original construction and renovation was very interesting. The original materials to construct the building came from all over the world and so did the artist that spent the last ten years restoring the murals. Our second stop was at the St. Paul Cathedral where we listened to a thorough introduction before going on a self-guided tour. The Bronze Grill artwork in the Sanctuary and all the statues in the chapels were intricately designed to depict the saints in the Bible.

## **Habitat for Humanity – Blaine, Wednesday, December 13**

*Registration is open!* The new home we will be working on is located at 9237 Xylite St NE, Blaine, 8:30 am – 4:00 pm. Please arrive by 8:20; bring your lunch/snacks/beverages; work gloves if you’d like. To register, please use the following link. It will open to the Dec 13 date, click on “Sign Up”. <http://medtronicregulars.tchabitat.volunteerhub.com/> First-time volunteers for Hab for Hum, be sure to accept their online waiver. Any questions re: the opportunity, please contact: April Emerson – [april.d.emerson@gmail.com](mailto:april.d.emerson@gmail.com) C: 612-735-1716; Ann Cafferty – [acafferty@msn.com](mailto:acafferty@msn.com) C: 612-747-4160

## **VSP VOLUNTEER REPORT**

Thank you to the following individuals for volunteering at Habitat for Humanity on November 8th: Ann Cafferty, Bill Cafferty, Ruel Carpenter, April Emerson, Richard Hay, and Geoff Schmidt. Painting and other miscellaneous tasks were completed at a house in Blaine.

Dianne Ohlenkamp and her grandson, Connor Cloutier, volunteered at Fridley Park on November 11th to help remove the invasive buckthorn. According to Dianne it was a very educational experience and she would love to share what she learned with anyone interested.

Thank you to the following individuals for volunteering at Catholic Charities on November 11<sup>th</sup>: Mary Bauman, Judy Bergman, Andrea DuCharme, and Rick Haws. The group helped in the warehouse sorting food that was donated.

Thank you to the following individuals for volunteering at The Link on November 19th: Judy Bergman, Andrea DuCharme, Mary Hanson, Jan Miskowic, and Edie Pearson. The group made 48 breakfast sandwiches and 48 breakfast burritos for the clients of The Link.

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

- Feed My Starving Children – December 14
- Second Harvest Heartland – January 11
- American Cancer Society Hope Lodge – January 23
- American Red Cross/Medtronic Blood Drive – 1/29 – 2/1
- Bundles of Love – February 22

## **Feed My Starving Children – Coon Rapids, Thursday, December 14**

*Event is FULL.* We will be volunteering at their Coon Rapids location at 401 93<sup>rd</sup> Avenue NW 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 – FMSC.

<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).*

### **Second Harvest Heartland – Maplewood, Thursday, January 11**

**Registration is open\*!** We will be volunteering at their Maplewood location at 1140 Gervais Avenue from 2:00 – 4:00 p.m. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – 2HH - Maplewood.

<https://medtronic.yourcause.com/basic>

*If you do not have computer access, 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).*

### **American Cancer Society Hope Lodge, Tuesday, January 23**

**Registration is open\*!** The Richard M. Schulze Family American Cancer Society Hope Lodge® in Minneapolis offers private rooms for the comfort of its guests and their caregiver. Fostering a home-like environment, the Hope Lodge facility is equipped with a community dining room, kitchen, family room, library and laundry facilities. The Hope Lodge community also offers guests a wide variety of cancer programs and services that provide information, resources and support to ease the cancer journey. In honor of **National Pie Day**, we will be taking and serving pie to the guests and caregivers staying at Hope Lodge from 1:00 – 3:00 p.m. Hope Lodge is located at 2500 University Avenue in Minneapolis. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – American Cancer Society Hope Lodge

<https://medtronic.yourcause.com/basic>

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### **American Red Cross Blood Drive, Monday, 1/29 to Thursday, 2/1**

**Registration is open\*!** Good news, the blood drive is moving back into the facilities. It will be held in the Wellness Center at Mounds View, Rice Creek and Sullivan Lake and in a conference room at MECC. We will need three volunteers at each location (2 for check-in and 1 to serve snacks after donation) from 8:45 a.m. to 3:00 p.m.

Mounds View – January 29 and January 30

MECC – January 29

Rice Creek – January 31 and February 1

Sullivan Lake – February 1

To register, please log into the Mission in Motion website using the below link and search for the event Retiree – 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).*

### **Bundles of Love, Thursday, February 22**

**Registration is open\*!** Bundles of Love Charity is a volunteer driven nonprofit organization that partners with community service agencies to assist Minnesota families in need by providing handmade baby clothing, bedding and basic care items for their newborns. Their vision is to gather communities to support a parent and newborn. They offer peace of mind for families and provide important, essential and practical supplies to show that someone cares. Volunteers will be doing both sewing and non-sewing activities (i.e. cut, sort, match, and package things). We will be volunteering at their New Brighton location, 445 Old Highway 8, New Brighton from 10:00 a.m. – 1:00 p.m. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – Bundles of Love.

<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:**

### **The Food Group**

The Food Group has individual volunteer shifts available on select Tuesday's (see below for dates) from 9:00 a.m. – 11:00 a.m. Please RSVP online [www.thefoodgroupmn.org/tuesdays](http://www.thefoodgroupmn.org/tuesdays) or contact Dan Johnson [djohnson@thefoodgroupmn.org](mailto:djohnson@thefoodgroupmn.org) or (763) 450-3889.

December 12

### **Volunteering with RSVP means *Personalized Assistance, Choices & Flexibility***

Let RSVP staff work with you to find volunteer opportunities that match your interests, skills and talents. With choices and flexibility, it's almost like customizing your volunteer experience.

For more information about volunteering with RSVP (or to list your volunteer needs), call Corie at 612-704-6114 or email [cori.custer@voamn.org](mailto:cori.custer@voamn.org).

### **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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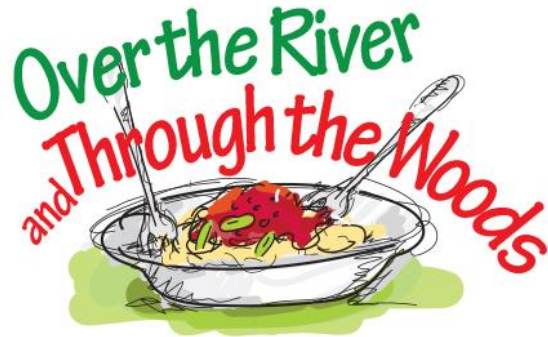
## **MEDTRONIC FOUNDATION GRANTS (VOLUNTEER AND MATCHING DONATIONS)**

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).

# The Season's Dinner Theatre at Majestic Oaks presents



**Sunday, March 11, 2018**

**Dinner Seating 4:30 pm – Show 6:30 pm**

**Tickets - \$56.00**

Nick is a single, Italian-American, up and coming young man living in New Jersey, whose parents have retired and moved to Florida. His grandparents (Frank and Aida; Nunzio and Emma), however, still live close by and dote on their only grandson, looking forward to Sunday family dinners each week to connect with and helpfully guide Nick's life. However, when Nick's 'dream job' in Seattle threatens to steal their grandson away, they scheme (in the most loving way possible, of course) to keep him in New Jersey, not the least of which is introducing him to the beautiful and single Caitlin O'Hare. This is hilarious, family comedy, loaded with laughs for everyone!

**The theatre is located at Majestic Oaks Golf Club, 701 Bunker Lake Blvd. NE, Ham Lake, MN**



**Tables C-2 – C-6 and D-1 – D5 have been reserved for our group.**

**Ticket price includes your choice of one of the following entrées (selected at the theater):**

- **Pork Loin with Cherry Port Wine Sauce**
- **Slow Roasted Prime Rib**
- **Baked Tilapia**
- **Cranberry Orange Chicken**
- **Florentine Ravioli**

All entrees served with fresh garden salad, dinner roll, Yukon gold roasted potatoes, and fresh vegetable du jour.

**Deadline to Register – Friday, February 23, 2018**

**Questions – Call Jan Miskowic (612) 801-5649**

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Name(s) \_\_\_\_\_

\_\_\_\_\_ tickets @ \$56.00 each (includes dinner, show and tax)  
**Gratuity for the meal is NOT included in this price.**

**Total enclosed \_\_\_\_\_ Make checks payable to: Medtronic VSP**

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