

VSP Newsletter

May 2018



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Learning – Connecting - Serving

Support Medtronic Foundation's Disaster Relief Partner at the 2018 VSP Annual Luncheon

David Campbell, founder and chairman of All Hands Volunteers, now All Hands and Hearts, <https://www.allhandsandhearts.org/>, (copy and paste into browser) is this year's VSP Annual Luncheon guest speaker. All Hands and Hearts addresses the immediate and long-term needs of communities impacted by natural disasters by engaging volunteers, partners and local communities. Medtronic Foundation partners with All Hands and Hearts to provide employees and retirees with volunteer opportunities around the world including in Puerto Rico. Medtronic Foundation will also provide an overview on the support given to communities impacted by recent disasters. Staff will be available to answer questions and assist with making credit card donations (No cash) to All Hands and Hearts during the luncheon. All retirees who make a donation onsite will receive a Mission in Motion t-shirt.

CALL TO ACTION:

1) Support All Hands and Hearts' Puerto Rico disaster relief efforts by making a donation on Mission in Motion by using Google Chrome web browser and visiting <https://medtronic.yourcause.com/basic>. Once you are logged in to Mission in Motion, search for All Hands and Hearts' EIN Number (20-3414952).

2) Learn more about Puerto Rico disaster relief volunteer opportunities by visiting Mission in Motion by *using Google Chrome web browser* and visiting <https://medtronic.yourcause.com/basic>. Once you are logged in to Mission in Motion, enter keyword search 'Puerto Rico'.

Twins Game Outing – Monday, July 30

Join your fellow retirees to cheer on the Twins as they take on the always exciting Cleveland Indians on Monday, July 30, at Target Field. Enjoy outdoor baseball at its finest! See flyer at the end of this newsletter. **Deadline to Register – July 6.**

Learn more about and Join Medtronic Foundation's Annual Volunteerism Campaign

Project 6 takes place in the 6th month of the calendar year (June) in celebration of the 6th tenet to maintain good corporate citizenship. The aim of Project 6 is to show the impact of a global volunteer force on communities across the world. We do this through a special call to action for volunteering as individuals and teams to take action on causes affecting our communities while advancing the United Nations Sustainable Development Goals

FY19 campaign dates are May 11, 2018 – July 15, 2018.

Learn about the spirit of Project 6 and the many other programs available to support your engagement of celebrating the Mission. At 84,000+ strong, Medtronic employees can and do make a significant difference in local communities by volunteering both their time and treasure. To learn more about Project 6, visit Mission in Motion by using Google Chrome web browser and visiting <https://medtronic.yourcause.com/basic>. Once you are logged in to Mission in Motion, click on the featured Project 6 link.

Join a Project 6 volunteer activity and support the movement in making the Sustainable Development Goals a reality. Contribute to a wide variety of causes based on your personal interests and assessment of local needs. Start by reaching out to our global base of Project 6 Leads or consider participating in disaster relief efforts to help communities impacted by recent disasters. To join Project 6 activity, visit Mission in Motion by using Google Chrome web browser and visiting <https://medtronic.yourcause.com/basic>. Once you are logged in to Mission in Motion, click on the featured Project 6 link.

ON THE VERGE: MANIPULATING THE MICROBIOME

Medtronic retirees are invited to attend a brand new event series called *On the Verge: Life-changing inventions in health* that will connect you with smart minds and cutting edge ideas in the areas of technology, health and wellness, and more. This event is being held at the Bakken Museum on May 17. See attached for details. To RSVP, contact Lee Koch at koch@thebakken.org.

MERSC Discounts for MN Twins and St. Paul Saints

If you enjoy outdoor baseball and plan to cheer on the Minnesota Twins or the St. Paul Saints this summer, check out the discounts offered through MERSC. The Minnesota Twins offer the MERSC discount for several (Value, Select, Premium and Elite) games in the Lower Level and Club Level. MERSC seating is limited and available on a first come, first serve basis only. The St. Paul Saints offers many MERSC games May 22 – September 3. An Outfield Reserved ticket, plus a Saints Hat for only \$16 (a \$27 value). Visit www.mersc.org, click on Discounts and then click Sports Tickets to see which games are being offered and how to order your tickets.

VSP VOLUNTEER REPORT

Thank you to the following individuals for volunteering at Bridging on April 26th: Judy Bergman, Eric Boyles, Nancy Boyles, Joanne Cramer, Andrea DuCharme, Mary Hanson, Karen Kutzner, Kurt Kutzner, Marie Mahmoud, Lois Markie, Susan Peacock, Christa Sagert, Fritz Sagert and Rita Torborg. The group assembled 2 dressers, inspected over 300 sheets and rolled 90 sheet sets.

FUTURE VSP TEAM VOLUNTEER EVENTS:

- **Project 6 - Puzzle Kitting – May 10**
- **Feed My Starving Children – May 24**
- **Project 6 – 2HH Brooklyn Park – June 27**
- **American Red Cross/Medtronic Blood Drive – July 16 – July 19**
- **Special Olympics Golf – August 1**

Project 6 – Puzzle Kitting, Thursday, May 10

Registration is open*! We will be putting together puzzle kits to benefit HCMC and The Minnesota Brain Alliance for a Project 6 event at Operational Headquarters from 1:00 p.m. – 3:30 p.m. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – Project 6 Puzzle Kitting.

<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 medtronic-support@yourcause.com.

Feed My Starving Children, Thursday, May 24

Event is Full*! We will be volunteering at their Coon Rapids location, 401 93rd Avenue N.W. 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 – Feed My Starving Children.

<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 medtronic-support@yourcause.com.

Second Harvest Heartland – Brooklyn Park, Wednesday, June 27

Registration is open*! This is a Project 6 volunteer event. We will be volunteering at their new location in Brooklyn Park, 7101 Winnetka Avenue North from 1:00 p.m. – 3:30 p.m. To register, please log into the Mission in Motion website using the below link and search for the event Retiree – 2HH Brooklyn Park – 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 medtronic-support@yourcause.com.

American Red Cross Blood Drive, Monday, 7/16 to Thursday, 7/19

Registration is open*! 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 – July 16 and July 17

Sullivan Lake – July 17

MECC – July 18

Rice Creek – July 18 and July 19

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 medtronic-support@yourcause.com.

Special Olympics – Blaine, Wednesday, August 1

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 Golf.

<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 medtronic-support@yourcause.com.

OTHER COMMUNITY OPPORTUNITIES FOR VOLUNTEERS:

Flags for Fort Snelling

Flags for Fort Snelling was born with the mission to continue the tradition of honoring our Veterans on Memorial Day by placing flags at their headstones. Your help is needed in two ways; donate dollars to purchase flags (\$1.00 per flag) and/or volunteer to place flags on graves May 26 or collecting the flags on May 31. Flags for Fort Snelling is a 501(c)3 organization so any donation made is eligible for the Medtronic match. For more information, to donate or volunteer go to

<https://www.flagsforfortsnelling.com>.

The Food Group - Summer Harvest for Kids – June 14

About 250,000 kids rely on free and reduced-price breakfasts and lunches during the school year. During the summer months, these children are at risk of going hungry.

In response, 5 Eyewitness News dedicates one day of programming each June to raise awareness and money to help feed children during the summer.

Last year, 5 Eyewitness News Summer Harvest for Kids raised over \$100,000.

The Food Group receives a portion of the donations received during this event. In return, we are asked to help fill the phone bank with a few of our dedicated volunteers.

We are looking for volunteers to help staff the phone bank. The attached PDF provides general information, as well as available time slots.

Lyngblomsten - Videography

Do you have skills in editing video that you are wanting to use for the good? Do you love older people but don't really know what to say or do with them? Do you want to set your own schedule and "work" with a top-notch group of people in a Care Center? Lyngblomsten is the place for you! As a Service Enterprise organization, Lyngblomsten Volunteer Services is dedicated to providing the best possible volunteer experience for our volunteers. We are looking for help putting together a few training/informational videos for new and seasoned volunteers. This is a project that we will provide a vision and any support needed, but the Videographer Volunteer will be leading the charge as far as timing, editing, overall look of the product. If you are interested in knowing more about this opportunity, or want to help out, please call Shelli Beck at 651-414-5297. Lyngblomsten is a Care Center in the Como Neighborhood of St. Paul. Learn more about Lyngblomsten at www.lyngblomsten.org.

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@voamnorg.

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 medtronic-support@yourcause.com.



VS



Monday, July 30, 2018
Game time 7:10 pm
\$27 per Ticket

Join your fellow retirees to cheer on the Twins as they take on the always tough Cleveland Indians. They were the American League Central Division Champions last year and have a good chance of repeating this year. Our team is much improved and if our pitching comes around, the Twins and the Indians could be in a close race at the end of the season.

A limited number of tickets in Overlook Section #136 and #137 have been reserved for MDT 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 23rd. 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, July 6th

Name: _____

Address: _____

City & Zip: _____

Phone: _____

_____ tickets @ \$27.00 each Total enclosed _____



Thursday, June 14, 2018
The Rotunda at The Mall of America

*A single-day event to fight
childhood hunger this summer*



What's this event all about?

About 250,000 kids rely on free and reduced-price breakfasts and lunches during the school year. During the summer months, these children are at risk of going hungry. In response, 5 Eyewitness News dedicates one day of programming each June to raise awareness and money to help feed children during the summer. Last year, 5 Eyewitness News Summer Harvest for Kids raised over \$100,000. This year, we're looking to raise more to fight childhood hunger!

Who does it benefit?

Donations received during this year's event will be shared equally between MATTER and The Food Group. Both nonprofit organizations are dedicated to providing childhood hunger relief throughout Minnesota.

What will volunteers do?

Volunteers are needed throughout the day to staff a phone bank. You will collect information from callers eager to make a donation. Volunteers will input donor information on an electronic form via a laptop computer. Paper forms will also be available.

Volunteers are needed for various shifts throughout the day. Shift times and the number of volunteers needed are below:

Time	Volunteers Needed
5:00am – 6:00am	6
6:00am – 7:00am	15
7:00am – 9:00am	6
9:00am – 11:00am	6
11:00am – 12noon	15
12noon – 4:00pm	6
4:00pm – 7:00pm	15
7:00pm – 9:00pm	6
9:00pm – 11:00pm	15

If you are interested in volunteering during one (or more) time slots, contact Paul Freer at The Food Group. Paul can be reached via email at pfreer@thefoodgroupmn.org or by calling him at 763.450.3874.

Time slots will be filled on a first-come, first-serve basis. Call or email Paul to reserve your spot(s) today!

When should I arrive? Who should I talk to?

Please arrive 30 minutes prior to your assigned shift. Locate the on-site coordinator in the phone bank area. You'll receive training prior to your

shift. The on-site coordinator will also be available throughout your shift to assist you.

Will refreshments be provided during my shift?

Refreshments will be provided for volunteers. Take advantage of the food and beverages provided, but please don't eat/drink while on the phones.

How do I get to the Mall of America? Where should I park? Where's the Rotunda?

The Mall of America is located at 8100 24th Avenue South, Bloomington, MN 55425.

Most Minnesotans know how to get to MOA, but in case you don't:

From the West: Take I-494 East to Hwy 77 South, exit on Killebrew Dr or 81st Street/Lindau Ln From the East: Take I-494 West, exit on 24th Avenue South.

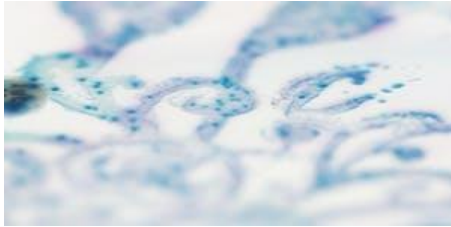
From the North: Take I-35W South to I-494 East, exit on 24th Avenue South

From the South: Take I-35W North to I-494 East, exit on 24th Avenue South

Upon arrival, we suggest you park in the East Parking Lot. The Rotunda is located on Level 1 on the east side of the mall.

You are invited to the following event:

ON THE VERGE: MANIPULATING THE MICROBIOME



Event to be held at the following time, date, and location:

Thursday, May 17, 2018 from 6:30 PM to 9:30 PM (CDT)

The Bakken Museum

3537 Zenith Avenue South
Minneapolis, MN 55416

[View Map](#)

Yes

No Maybe

Share this event:



We are excited to announce a brand new event series launching in 2018 called *On the Verge: Life-changing inventions in health* that will connect you with smart minds and cutting edge ideas in the areas of technology, health and wellness, and more.

Our driving question is this: What are the “autonomous cars” of health and wellness—the potential disruptors that are in the works now that may make the future of health very different from the present? How will this benefit us? And what are the potential costs?

The first event is *Manipulating the Microbiome* on May 17th at 6:30 p.m. and is a conversation on the microbiome, a huge-yet-tiny world inside our gut that plays an important role in our every day health and wellness.

Guests include Nicholas Chia, M.D. and Sahil Khanna, M.B.B.S. (Mayo Clinic); as well as Alexander Khoruts, M.D. and Andres Gomez, Ph.D. (University of Minnesota). The panel will share their thoughts and ideas on what the future of the microbiome holds in a lively discussion moderated by Jon Hallberg, M.D., a Family Medicine Physician with University of Minnesota Health and frequent contributor to

MPR News.

Doors open at 6:30 p.m., lecture begins at 7 p.m. Refreshments will be available both before and after the discussion. Be sure to stick around and check out our newest exhibit, Minnesota Made!

This event is 18+. Cash bar and complimentary light appetizers from France 44 and Olivia's Organic Cafe will be available.

Sponsored by MPR News, Rebiotix, Fredrikson and Byron, and Timmaron Group.

As always, members get in FREE! To purchase a membership simply visit thebakken.org/membership/ - the cost of an individual membership is less than the cost of all 3 events and includes museum admission for the year, including admission to our Evenings at The Bakken Museum event series!

Upcoming events in this series:

July 12 - Genomics and Individualized Medicine

September 20 - Big Data Mining

Share this event on [Facebook](#) and [Twitter](#). We hope you can make it! Cheers, The Bakken Museum