

VSP Newsletter September 2017



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Learning – Connecting - Serving

MDT Benefits - Healthcare Change for Retirees 65+

AON Hewitt missed a group of retirees with the August mailing of the Transition Guide for this benefit change. A mailing went out to those retirees after Labor Day. Conference calls are scheduled for September 20 at 10:00 am and 2 pm to answer any of your questions related to this change. Conference call number included in the mailing information.

Ice Cream Social, Sept. 19

The annual Ice Cream Social is Tuesday, Sept. 19, 1:30 pm in the Medtronic Operational Headquarters Main Auditorium. Medtronic personnel from Benefits will be there to answer any lingering questions regarding the upcoming changes to the Medtronic Medical Benefits Plan on January 1, 2018. Limited space is still available, but you MUST pre-register to insure a badge is ready for you! Deadline to register – Friday, Sept. 15th. See attached flyer.

MDT VSP Project Warm Hearts Volunteer Opportunity

Project Warm Hearts is a group of MDT retirees or spouses who knit, crochet or sew items for designated local charitable organizations. Once a retiree volunteers 25 hours creating items for any of these organizations, a \$500 annual Medtronic Philanthropy Grant can be sent in their name. 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 PWH volunteer group. The next meeting is scheduled for Friday, Sept. 22, 1:00 - 2:30 p.m.

Fall Social Events

Our fall outing to Duluth on Thursday, Oct. 5, proved to be very popular because it sold out in a very short time. If you missed out on the Duluth tour – don't despair! You will have another opportunity to join us on our next adventure. We will be touring the newly renovated State Capital and St. Paul Cathedral on Wed., Nov. 15. See attached flyer for additional information and registration. This event is limited to 55 people, so register early.

Save the Date!

The Annual Holiday Social is planned for Wednesday, December 6, from 4-6:00 p.m. at The Mermaid in Mounds View. Additional information will be included in future Newsletters.

Project 6 Engagement - Retirees

- Accounted for 265 volunteers during Project 6, an increase of 84% from 2016
- Contributed 1,449 volunteer hours during the campaign (May 12 – July 28)

Wow!! The Foundation ran these numbers from the Mission in Motion system. Keep recording the hours you volunteer. The VSP group is making a difference in our communities and we have a lot to be proud of.

VSP VOLUNTEER REPORT

Thank you to the following individuals for volunteering at The Food Group on August 17th: Sue Ahlstrom, Judy Bergman, Ruel Carpenter, Andrea DuCharme, Rick Haws, Karen Kutzner, Kurt Kutzner, Gail Sidor, Jean Testerman and Roy Testerman. The group label and packed 1,624 pounds of canned peas.

FUTURE VSP TEAM VOLUNTEER EVENTS:

- **Bridging – September 14**
- **Marathon Race Packet Assembly – September 15**
- **Marathon Race Packet Pick-up – September 29**
- **Marathon Weekend – September 29 to October 1**
- **American Red Cross Sound the Alarm Campaign – October 7**
- **Bundles of Love – October 26**
- **Catholic Charities – November 13**

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.

Race Packet Assembly, Friday, September 15th from 9 a.m. – 1 p.m.

Race packet assembly is in the Union Depot in St. Paul. It is a fun; no stress event and lunch is provided. If you have questions, please contact Judy Bergman at bergmanj3@comcast.net or (651) 295-4507. To volunteer, click the link below:

http://twincitiesinmotion.volunteerlocal.com/volunteer/?start_over&id=23581

Enter the password: PACKETS2017

Look for the 9am – 1pm shift

Enter the group name as: Medtronic Retirees

Race Packet Pick-up, Friday, September 29th from 10:45 a.m. to 4:00 p.m.

Race packet pick-up is in the Marathon Expo area located in the River Centre on Kellogg in St. Paul. If you have questions, please contact Judy Bergman at bergmanj3@comcast.net or (651) 295-4507. To volunteer, click on the link below.

http://twincitiesinmotion.volunteerlocal.com/volunteer/?start_over&id=22855

and look for: **Packet Pickup (Expo)**

Friday, September 29th

10:45am to 4:00pm

Enter the group name as: Medtronic Retirees

Marathon Weekend, Friday September 29 – Sunday, October 1

The Medtronic Marathon weekend is approaching and we need your help to make it a success! Marathon activities run from Friday, September 29 – Sunday, October 1 and we have great opportunities listed below to choose from. Click on the links below to see information on events. Bring your family and friends to volunteer with you! If you have questions on how to register friends/family, please contact Amy Draxten @ amy.draxten@medtronic.com.

Friday & Saturday – Expo Booth Ambassador

<https://medtronic.yourcause.com/basic> and search for Medtronic Twin Cities Marathon Expo Booth Ambassadors

Saturday – Bopper Distribution at the Medtronic Family Day

<https://medtronic.yourcause.com/basic> and search for Medtronic TC Family Events - Bopper Distribution

Sunday – Mile 19 Water Aid Station

<https://medtronic.yourcause.com/basic> and search for Mile 19 Water Stop Volunteers

American Red Cross Sound the Alarm Campaign – Saturday, October 7

Registration is open*! Every day 7 people die in home fires. You can change that. Help the American Red Cross Sound the Alarm about fire safety. Volunteers will team up with the Red Cross and fire departments to Sound the Alarm with home fire safety and smoke alarm installation. Help the American Red Cross meet their goal of installing 1,500 free smoke alarms in communities across the region. You will be volunteering from 8:00 a.m. – 4:00 p.m. (lunch will be provided) in the 55117-zip code area of St. Paul (exact location will be communicated closer to the volunteer event date). To register, please log into the Mission in Motion website using the below link and search for the event Retiree – American Red Cross Sound The Alarm Campaign.

<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.

Bundles of Love – New Brighton, Thursday, October 26

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.

Catholic Charities – St. Paul, Monday, November 13

Registration is open*! We will be volunteering at their distribution center located at 341 Chester Street, St. Paul from 1:30 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 – Catholic Charities.

<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:

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 or contact Don Johnson djohnson@thefoodgroupmn.or or (763) 450-3889.

September 25

November 14

October 10

November 28

October 24

December 12

Second Harvest Heartland

Help us earn \$50,000 with the Double Down Challenge!

Help us provide more meals to our neighbors in need! Every hour you volunteer in September will be matched with a \$5 donation from Bremer Bank, up to a total of \$50,000! Morning, afternoon, evening and weekend shifts are available for both groups and individuals during [Hunger Action Month](#).



[Sign up now](#) for a shift in September!

Senior Community Services

RAKE THE LEAVES Fall Yard Clean-Up

Leaves do fall. Improve your health while helping a senior citizen remain independent in their home! You choose the date and time to rake and clean up the yard. Perfect for individuals, groups, and families. Seasonal: starting mid-October (depending upon the weather). This is a one-time fun unpaid activity available weekdays & weekends. Feel free to sign up multiple times!

Elders are located in Minneapolis and suburban Hennepin County, raking depends upon where the senior citizen resides. Ongoing unpaid volunteer opportunities are also available. Please contact the Household & Outside Maintenance for Elderly (HOME) Program's Volunteer Coordinator at scsvolunteer@seniorcommunity.org or call 952-767-7894 for more information.

The HOME Program number is 952-746-4046 or home@seniorcommunity.org, if a senior age 60+ needs raking or other services in Hennepin County. 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. Thank you!

Fridley Parks Buckthorn Removal

The 24-acre Innsbruck Nature Center is a wooded park with trails, marsh, and wildlife located at 5815 Arthur St NE in Fridley. Also known as Innsbruck Park, the city-owned property, located behind Totino-Grace High School, is approximately 1.5 miles from the main Medtronic campus and 2 miles from Rice Creek East campus, ideal for early morning or after work visits from Medtronic staff.

Like many woodland areas, buckthorn, an invasive species that overcomes native plants and trees, pervades the property.

For the second annual buckthorn clearing effort sponsored by the Fridley Parks and Recreation Department, Medtronic retiree volunteers are needed to join Fridley residents to remove buckthorn seedlings and small trees from 9:00 a.m. to 11:30 a.m., Saturday, October 28 and Saturday, November 4. (Bad weather make-up date: Saturday, November 11, same time.) Grandchildren ages 12 - 17 accompanied by an adult, are invited, too. Volunteers will not handle power tools or herbicides.

Training will be provided on site by Fridley park staff. Volunteers should wear work shoes, long sleeve shirts and long pants to guard against ticks, and bring insect repellent. Please bring work gloves and pruners and manual saws (no chainsaws), if you have them. Water and snacks will be provided.

Register for one or both of the buckthorn clearing dates by calling Fridley Recreation at 763-572-3570. You may come without registering but a count helps us plan accordingly for sufficient staff and supplies.

Habitat for Humanity

Thank you to Ann Cafferty and April Emerson for agreeing to be crew co-leaders. We will be meeting with Habitat for Humanity to work out details for creating a regular crew and will be communicating details once they are finalized. 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. If you are interested in being part of the crew, 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.

MEDTRONIC VSP GROUP

Annual Ice Cream Social



DATE: *Tuesday, September 19, 2017*

TIME: *1:30 - 3:00 pm*

LOCATION: *Medtronic Operational Headquarters
Main Auditorium
710 Medtronic Parkway, Fridley, MN*

RSVP: *By Friday, September 15th to Jan Miskowic
(miskojan@hotmail.com or 612-801-5649)*

COST: *Free, sponsored by the Medtronic VSP Group*

You are invited to join your fellow Medtronic Retirees for a great social get-together to chat and share stories of retirement life while enjoying an ice cream treat served by the VSP Board. We want to give a special welcome to all recent retirees of the company and encourage them to join VSP and our many community activities.

With the upcoming changes to the Medtronic Medical Benefit Plan on January 1, 2018 for those retirees 65 and over, we have asked Denise King, VP of US Benefits, and Amy Johnson, Director of US Benefits to join us for this event. With the recent introduction and training having occurred in July and with information packages being sent to those affected in August, we felt it would be a good time to have Benefit personnel available to answer any lingering questions about the purpose, process, timing, and support from AON Hewitt for this benefit change.

The Ice Cream Social is open to all retirees and significant others. Do not miss this social event; it is always a great time to chat and catch up with your fellow retirees to learn what they are doing with "life after work".

NOTE: Due to the large number of employees working at Operational Headquarters the parking ramp is full - parking is not available in the ramp. Please park at the overflow lot located at the Minnesota Autism Center (formerly the Medtronic Daycare Center) just west of headquarters on the corner of 7th Street and Medtronic Pkwy. We have arranged for a shuttle to transport you to and from the Ice Cream Social starting at 12:45pm with the last bus leaving headquarters at 3:40pm. The bus will be dropping you off at the main reception desk located at the circular drive where you will pick up your security badge.

For planning and security purposes, please RSVP to Jan Miskowic at miskojan@hotmail.com or call 612-801-5649 no later than Friday, September 15, so your security badge can be prepared for you.

MEDTRONIC VSP GROUP
State Capital and St. Paul Cathedral Tour
Wednesday, November 15, 2017

Join fellow retirees for a short trip to downtown St. Paul for tours of the newly renovated State Capital and the St. Paul Cathedral.

Our first stop will be at the Minnesota State Capital for a 45-minute guided tour to see the restoration effort (the first since the opening in 1905) up close and get an overview of Capital history, art, architecture and state government. One of the highlights is a walk to the Quadriga (golden horses) on the roof (weather permitting).



Following our tour, we will meet for lunch in a private conference room on the 3rd floor of the State Capital.

Box lunches and beverages from Nelson's Cheese and Deli will be provided. To stay on schedule, you will be able to select from four sandwich choices to that will be pre-ordered.



After lunch, we will depart for a short ride to the Cathedral of St. Paul. The Cathedral is recognized as a historical landmark, one of the most prominent buildings in the city and as a center of spiritual worship. Due to the size of our group the Cathedral is unable to include us with their 1:00 p.m. guided tour. Therefore, a self

guided 30-45 minute tour is available. If you bring your cell phone with you and visit www.stpaulcathedraltour.com. Please note: As the Cathedral is an active place of worship, daily tours may be cancelled in deference to special liturgical events, ie., funeral. Time will be allowed to visit the Gift Shop where Cathedral memorabilia is available for purchase.



of

The bus will be departing for home at 2:00 p.m.

The total cost for this outing is only \$24 per person which includes transportation, suggested donation to the State Capital, St. Paul Cathedral, box lunch, taxes and a gratuity for the bus driver.

This trip is limited to the first 55 people that sign up. Register early.

Bus leaves at: 10:15 a.m.
Pickup Location: Target (694/Central Ave.) Fridley MN (Please park in SE corner of the lot)
Return time: Approximately 2:45 p.m.
Registration deadline: Wednesday, November 1, 2017
Direct tour questions to: Jan Miskowic 612-801-5649 or e-mail – miskojan@hotmail.com

Registration: Name (s): _____
(Cell Phone #) _____

Box Lunches include sandwich, fruit, brownie and one beverage. Sandwich Choices (Please indicate the number of each selection)

_____ Town of Nelson: *Thinly sliced Turkey Breast, baked Virginia ham, Baby Swiss and Monterey Jack on Caraway Rye with Lettuce, Tomato, Onion, and Mayonnaise.*

_____ Old Fashion: *Lean Roast Beef, Thinly Sliced Turkey Breast and Monterey Jack, on Whole Wheat with Lettuce, Tomato, Sprouts and Mayo.*

_____ St. Paul Special: *Roast Beef, Spicy Pastrami, and Hot Pepper Cheese, on Pumpernickel with Lettuce, Tomato, Onion and our Special Sauce.*

_____ The Veggie: *Nelson Cheese and Baby Swiss on 9 Grain Wheat Bread with Lettuce, Tomato, Onion, Radishes, Green Pepper, Cucumbers, Alfalfa Sprouts and mayonnaise. Sunflower seeds and Guacamole are optional.*

Choice of Beverage:
_____ Reg. Coke _____ Reg. 7 Up _____ Bottled Water
_____ Diet Coke _____ Diet 7 Up

_____ number of attendees @ \$24.00 each = Total enclosed \$ _____

Make checks payable to: Medtronic VSP

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