

VSP Newsletter  
March 2025



*Learning – Connecting – Serving*

Your VSP Board Members	<b>Chair</b> <i>Anne Coldwell</i> <a href="mailto:amc57@comcast.net">amc57@comcast.net</a>	Secretary and Membership <i>Kathleen Hokemeir-Seim</i>	<b>Social Events</b> Suzanne Dawidowicz	Volunteer Events <i>Anne Coldwell</i> <a href="mailto:amc57@comcast.net">amc57@comcast.net</a>
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- Input Requested: Ways to connect with other members sharing common interests

**Upcoming VSP Team Volunteer Events**

**Note:** If you would like to bring a friend, please send a note with the friend’s name to Anne Coldwell at [amc57@comcast.net](mailto:amc57@comcast.net). If you would like to volunteer and have trouble accessing the Your Cause Site, please contact Anne Coldwell.

**March - Feed My Starving Children**

**Search Term in Your Cause: Medtronic Retiree – Feed My Starving Children**

**Date:** Thursday, March 13, 2025

**Time:** 9:30 – 11:15AM

**Location:** 401 93rd Avenue, Coon Rapids, MN 55433

## How to Volunteer:

1. **Log in:** <https://medtronic.yourcause.com/home>
2. **Click on:** Volunteer / Search Opportunities
3. **Search for:** Medtronic Retiree – Feed My Starving Children
4. **Select:** Sign up, and then Add Shift

## April - White Bear Area Food Shelf

### Search Term in Your Cause: Medtronic Retiree Event – White Bear Area Food Shelf

**Date:** Wednesday, April 23, 2025

**Time:** 2:30 – 4:30PM

**Location:** 1884 Whitaker Street, White Bear Lake, MN 55110

## Spring Social Event

The VSP board is planning a social gathering tentatively set for Thursday, April 10. Time and place are still TBD so watch for details in the April newsletter.

## A Look Back at Recent VSP Events

### The Food Group, New Hope, MN

Thanks to all who attended our February Volunteer event and joined two other groups to pack lentils at The Food Group in New Hope.



## Save the Dates for Future Events

We have tentatively reserved the following dates/times for future Educational Events. More information to follow in the coming months.

### Potential Dates/Times for Future Educational Events

Date	Time	Location	Topic
May 7, 2025	1:30-2:30PM	TBD	TBD
August 6, 2025	1:30-2:30PM	TBD	TBD
November 5, 2025	1:30-2:30PM	TBD	TBD
December 3, 2025	2:30-4:00PM	TBD	TBD

## **Input Wanted! Your ideas on ways to connect with fellow members on specific topics of interest**

Connecting is central to our VSP purpose, and networking even in retirement remains an important ingredient to a happy and healthy lifestyle. Our current practice is to have several social events each year, and arrange for volunteering opportunities and educational events. However, we wanted to know if you would be interested in forming small groups with like-minded VSP members who share a common interest.

While the VSP board is willing to help with the initial communications, these interest groups will be self-guided and self-directed. We'll add more details to future newsletters. Meanwhile, please respond to Pat Eichers [2325echo@gmail.com](mailto:2325echo@gmail.com) with ideas how these small groups could form and with which special interests you might like to get involved. **NOTE: You may just list the groups of interest in the Subject line, or the body of the email.** Any emails with attachments will not be opened.

Here's a small list but many more can be considered:

Birding	Fishing
Book Club	Gardening
Card Club (500, Bridge, or board games)	Music (Community Bands or Garage Bands)
Classic Cars	Pickleball
Crafting/Knitting	Religious Fellowship/Study

Looking forward to hearing from you!

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