

VSP Newsletter December 2018



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Learning – Connecting - Serving

VSP Holiday Social

Over 80 retirees and guests attended the [VSP Holiday Social](#) on Wednesday, Dec. 5, at the Mermaid in Mounds View. It was fun to see so many new and familiar faces. As always it is a great time to see one another and hear what everyone is doing in their next life.

MDT Retiree Helping K-12 Wellness Education in India

[Health Education of school students in India](#)
Rahul Mehra, PhD (rahulmehra35@gmail.com)

We all want our children to reach their full potential in life. Many children in India grow up with unhealthy lifestyle habits and maintain these habits into adulthood. Along with the high prevalence of infectious diseases, the prevalence of chronic diseases such as heart disease and pulmonary diseases as well as injuries is growing among the youth. One of the best opportunities for youth to learn and develop healthy lifestyle habits is during school.

In order to change policy so that Health Education is mandatory, we need a comprehensive Health Education Curriculum books, teacher's manuals and teacher training. Presently, there is no comprehensive curriculum for Health Education or books for K-12 students in India.

We have developed a comprehensive Health Education Curriculum and written the Health Education books and teacher training manuals for Grades 6 & 7 in English. The books have been printed. These are the first set of books for a comprehensive Health Education curriculum in India. They need to be translated into Hindi, the other national language.

To change policy and make Health Education mandatory, we are initially targeting one city in India, i.e. Chandigarh. With adequate funding, we plan to demonstrate that the curriculum is effective in changing lifestyle health habits of youth. We will enroll 1000 students and the evaluation will take about two years. We have been communicating with the policy stakeholders in Chandigarh over the last several years.

After conducting this pilot program in Chandigarh, our plan is to write the books for the remaining Grade levels and scale up to other States in India. This is a long-term project that aims at changing Education Policy in India by making Health Education mandatory in schools.

Organization: I run two non-profit organizations, one in the US and one in India. The one in US is called Indian Health Alliance (EIN# 27-0871309) and the one in India is Tarang Health Alliance. The Vision of our organizations is that in order to develop healthy lifestyle habits among youth, Health Education should be mandatory in every school and at every grade level in India. Each school should also provide a healthy environment and engage the student's family. My partner in India is Dr.J.S.Thakur. He is a Professor in the School of Public Health at the Post Graduate Institute of Medical Education and Research in Chandigarh. He is very well connected with schools in Chandigarh. Previously, he worked for the World Health Organization in India. (A photo of Rahul during a visit to Chandigarh can be viewed on the Medtronic website at: <http://www.mdtretirees.org/photo-gallery.html>.)

Note: Rahul is also interested in meeting other Medtronic retirees who live in Colorado. While he lives in Canon City, he periodically travels to the Denver area and would like to meet to discuss charity/volunteer interests and share stories of Medtronic's mission and support for communities. Feel free to contact Rahul at rahulmehra35@gmail.com.

Habitat for Humanity

Numerous volunteer opportunities are available through this community-based organization, e.g., assist with new home construction, refurbish existing homes, work at their building supply consignment shop, office support, assist at large fundraising events. Can work one or more days, hours, and locations that fit your schedule. It is also a great opportunity to meet new people who have retired from other local companies.

Please check out the following website for additional information or to volunteer for so many opportunities by signing up: <http://www.habitat.org>

Any questions re: volunteering for this organizations please contact: April Emerson – april.d.emerson@gmail.com C: 612-735-1716; Ann Cafferty – acafferty@msn.com C: 612-747-4160.

For questions regarding the online sign-up, please contact the volunteer coordinator at volunteer@tchabitat.org or call 612-305-7114.

New Members Needed for VSP Board

Several members of the VSP Board will be stepping down from their positions in the next few months. Positions opening up are: Social Events, Marketing, Volunteer Events, Vice-Chair, and Newsletter. Training and help will be provided. The Medtronic VSP Retiree Group has been in existence for over 30 years and we need your help in continuing to serve our constituents and help carry on the mission of Earl Bakken and Medtronic. Contact Ron Stuedemann (ron.stuedemann@comcast.net) or any Board member for more information about any of these positions.

VSP VOLUNTEER REPORT

Thank you to the following individuals for volunteering at Feed My Starving Children on November 14th: Judy Bergman, Anne Coldwell, Joanne Cramer, Andrea DuCharme, April Emerson, Mike Funck, Cathy Gray, Mary Hanson, Rick Haws, Karen Kutzner, Kurt Kutzner and Sarah Wronski. The group helped pack 184 boxes containing 39,744 meals. Enough meals to feed 109 children one meal a day for a year.

FUTURE VSP TEAM VOLUNTEER EVENTS:

- American Red Cross Blood Drive – January 28 – 30
- Second Harvest Heartland – February 7

American Red Cross Blood Drive, Monday, 1/28 to Wednesday, 1/30

Registration is open*! We will need three volunteers at each location (2 for check-in and 1 to serve snacks after donation). Please plan to arrive 15 minutes prior to the start time of the drive (note: some locations start at 8:00 a.m. and some start at 9:00 a.m.).

Mounds View – January 28 – 8:00 a.m. – 2:00 p.m.

Mounds View – January 29 – 8:00 a.m. – 2:00 p.m.

Rice Creek – January 28 – 9:00 a.m. – 3:00 p.m.

Rice Creek – January 29 – 9:00 a.m. – 3:00 p.m.

Sullivan Lake – January 29 – 9:00 a.m. – 3:00 p.m.

MECC – January 30 – 9:00 a.m. – 3:00 p.m.

OHQ – January 30 – 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 – American Red Cross 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.

Second Harvest Heartland - Maplewood – Thursday, February 7

Registration is open*! We will be volunteering from 9:00 a.m. – 11:00 a.m. at their Maplewood location – 1140 Gervais Avenue. 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, 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



CommonBond
COMMUNITIES

Common Bond Communities - Our work comes from a simple notion: Home is the foundation for everything in life. Our expertise ranges from interacting with officials on complex legislation to investing in and developing properties, to making sure a child has a place to do homework.

Join us as a Study Buddy tutor and be matched with a student to strengthen their academic skills while building a positive and lasting relationship. We provide tailored curriculum and activities to structure your time with your buddy, as well as tutor trainings and on-site staff support, to ensure you have the tools you need to make an impact.

Time commitment:

- 90 minutes weekly (Weekly attendance is important for this program for create positive outcomes)
- Programming typically occurs sometime in the late-afternoon to early-evening, Mondays through Thursdays
- Volunteers commit to the length of a school-year

Visit www.commonbond.org/volunteer, or call 651-290-6226 for more information and to apply.

DECA District II Conference Judges Needed

The DECA program has been around for nearly 70 years and its mission is to prepare emerging leaders and entrepreneurs in marketing, finance, hospitality and management in high schools and colleges around the globe.

Date: Friday, January 11, 2019 - 7:00 am - Check In

Location: Intercontinental St. Paul Riverfront Hotel
11 East Kellogg Boulevard, St. Paul, MN 55101

Sign up - <https://goo.gl/forms/kX2t8dcwdcGMF67x1>

Contact Meggan Malone mmalone@isd191.org with questions. Burnsville High School DECA Advisor

Community Action Partnership of Ramsey & Washington Counties.

They have a variety of group and individual volunteer opportunities available. Check their website for more information.

<http://www.capr.org/volunteer/volunteer-opportunities/>

Lyngblomsten Volunteer Opportunities

They are looking for people to work with polymer clay--"grown up" Play Dough. On Monday, December 17th from 1:00 – 3:30 p.m. They will pair residents with volunteers to make Christmas ornaments. There will be a teaching artist helping, she will teach the group what to do and then roam the room helping as needed. The polymer clay ornament will be baked on-site and will be given to the residents. Please contact Shelli Beck – sbeck@lyngblomsten.org or (651) 414-5297 if you are interested.

In-Home Respite Companion Volunteer. Provide one-on-one in-home care for an adult with memory loss in order to give short-term respite to that person's family caregiver. See the attached for details on duties and expectations. Click on the below links for additional information.

REST: <https://www.youtube.com/watch?v=cnzPCe4DxW8> and GATHERING:
<https://vimeo.com/177445291>

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.

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, the *YourCause Customer Advocacy Team* at medtronic-support@yourcause.com.