



“Vital Aging in Vital Communities”: Video Discussion Guide

The Vital Aging Network (VAN) has produced a video to show what “Vital Aging in Vital Communities” looks like. If you do not yet have a copy of the video, e-mail a request with your mail address, e-mail address and phone number to info@vital-aging-network.org. You will be charged a minimal price for copying and mailing the video. [_____](#)

Vital communities are places where residents of all ages and abilities are actively engaged in civic life. The kind of community that is good for children and families is the same kind of community that is good for older residents. The communities shown in the video include:

- Two first-ring suburbs – Richfield and St. Louis Park
- One central city neighborhood – Summit-University in St. Paul
- Three rural centers in greater Minnesota – Dassel, Litchfield, and Northfield

In each of these communities, older adults are contributing energy and leadership to developing the community assets that are important to their wellbeing. Their energy is a vital force in community development. In the video, these vital agers talk about what’s important in supporting their self-sufficiency, community involvement, and high quality of life.

Here are some questions to consider as you watch the video:

- Why were these communities selected? What makes them vital?
- What assets do they offer to match the needs and interests of older adults?
- Why were the speakers selected? What have they contributed? How have they benefited?

Try listing the community assets important for vital aging that are seen in the video.

- How do they match up with the list of “Significant Factors for Vital Aging supported by Vital Communities” in your meeting packet?

Think about your own community in relation to what you have seen in the video.

- How would you identify “your community.” Where are the boundaries?
- What assets does your community offer for older adults who are “aging in place”? and/or those who are thinking about moving in?
- How does your community recognize and engage the skills, energy, and leadership (“vital force”) of older adults?

Key contacts:

St. Louis Park – Annette Sandler, asandler@jfcsmpls.org

Richfield – Cheryl Dragotis, cdragotis@ci.richfield.mn.us

Southwest MN (Dassel & Litchfield) – Amy Wilde, amy@wildestudios.com

Summit University – Sally Brown, sab@wilder.org

Northfield – Bonnie Jean Flom, bjflom@charter.net

Overall project – Jan Hively, HIVEL001@umn.edu

Video production – Paul Pecilunas, pecil001@umn.edu

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