

***VAN Listserv Members: Whether or not you attend VAN's monthly meetings, we want to receive your responses on the attached worksheet re: 2003 Meeting Topics.***

**"Co-Creating the Vital Aging Network;" Report on December 10 VAN Meeting**

Following introductions, Jan Hively walked the 40 participants through a background information paper and focused attention on VAN's key themes:

- o Build on and share strengths
- o Combat ageism
- o Promote self-determination
- o Strengthen quality of life and community

Sharon Roe Anderson and Julia Classen, partners in Aurora Consulting, led small group discussion of three topics:

1. *What have I done in recent months that has given me the greatest satisfaction? What factors contributed to the satisfaction?*
2. *What is it about the Vital Aging Network that matters to me? (Is VAN tuning in to the satisfiers mentioned in #1?)*
3. *What things should VAN be focusing on during the next few years? (What am I interested in helping to happen?)*

The small groups clustered the ideas generated for #3 under "headlines" that were used to create a wall mural. The results will be used to draft a plan that should align participants' hopes and dreams with actions. The first draft will be sent out early in January for your review.

**2003 Meeting Topics: Please fill out and return attached worksheet**

VAN meets on the second Tuesday of every month from 10 to noon. Only the January 2003 meeting topic is set. On the attached worksheet, we have listed 11 topics that have been suggested. Some might take two meetings; some may be paired up for one. For each topic, we are asking you to tell us what you would want to get out of the meeting, and what ideas you have for presenters/discussion leaders. We would also be happy to hear your suggestions for other meeting topics, and suggestions for meeting locations. FYI, we have attached a list of the 2001 and 2002 meeting topics so that you'll know what we've talked about, to date.

Whether or not you can attend VAN meetings, you do receive meeting notes. Please contribute your comments. 1) Open the Worksheet document, 2) Click on the Reply button, 3) Fill in your comments, 4) Click on the Send button.

**"Building Community Capacity for Vital Aging Statewide," January 14 VAN meeting**

The planning discussion will continue, next to focus on how VAN can expand its outreach to engage older adults and vital aging advocates statewide. We'll be asking participants to think about places where they go for resources and activities and rich conversation related to vital aging. We'll be asking representatives from community centers, libraries, parks, and colleges to lead discussion about how VAN might strengthen the capacity of current institutions to support vital aging.

**January 10, 2003, 10 a.m. to noon**  
**Board Room, Luther Seminary (Como Av. and Hwy 280)**  
Come at 9:40 for Pre-Meeting Exercise  
Stay for lunch in the Luther Seminary cafeteria/dining room

**Here's to all of us! Vital Aging in 2003!**  
**(and Best Wishes for Peace and Joy through the Holidays)**